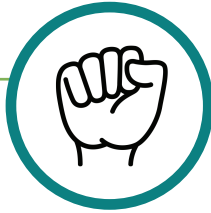


Multisensory Activities: Safe & Sound Protocol

DEEP PRESSURE



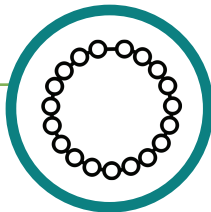
- Deep Squeezes
- Compression garments – weighted vest, weighted blankets
- Vibration massagers to increase body awareness
- Brushing Technique
- Joint Awareness movements

TACTILE



- Moonsand
- Playdoh
- Ice packs
- Heat packs
- Finger painting
- Table top drawing with shaving cream

FINE MOTOR



- String beads, noodles
- Pick up coins off a table
- Geo Boards
- Manipulatives

VISUAL



- Puzzles
- Where's waldo books

VESTIBULAR



- Gentle Swinging
- Gentle Rocking

SOCIAL ENGAGEMENT



- Partner Drawing (Therapist/Client work on one drawing simultaneously. Great co-regulation activity)
- Puzzles
- Nature walks (applicable if you have access to a quiet outdoor environment)

Interested in learning more about Safe & Sound Protocol?
Visit integratedlistening.com