Calming Sensory Activities for the Classroom

**Vestibular**
- Allow child to use rocking chair

**Proprioceptive**
- Have child staple items
- Tear up several thick stacks of scrap paper
- Allow child to turn chair around and lean forward on the back of it while working at desk
- Provide quiet area with pillows, sleeping bags, or beanbags
- Allow child to use a small fidget box with items to finger while listening

**Tactile**
- Tear up several thick stacks of scrap paper
- Allow child to turn chair around and lean forward on the back of it while working at desk
- Allow child to use a small fidget box with items to finger while listening

**Auditory**
- Play soft music on radio or headphones

**Olfactory**
- Use a vanilla-scented air freshener to calm