

De-escalation through Sensory-based Activities

Vestibular/Balance	Proprioceptive/Pressure
<ul style="list-style-type: none">• Slow, gentle, rhythmic• Swinging• Rocking• Hanging upside down	<ul style="list-style-type: none">• Weightbearing activities - crawling, push-ups• Resistance activities - pushing/pulling• Heavy lifting - carrying• Cardiovascular activities - running or jumping• Oral activities - chewing, blowing bubbles• Deep pressure - tight hugs• Vibration Ball