***Feed the Senses* Summary**
Babies and Young Children

BrainWorks

= Calming
= Just Right
= Alerting

Proprioceptive (Heavy Work) Activities

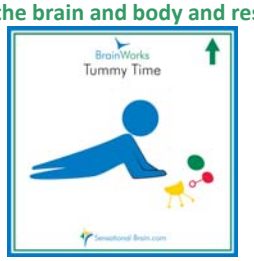
These activities are organizing to the brain and body and almost always improve attention and focus.

Vestibular (Movement) Activities

Fast and arrhythmic movement activities are alerting, slow and rhythmic movements are calming.

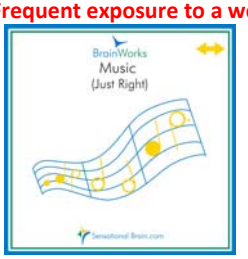
Tactile (Touch) Activities

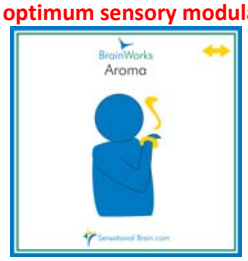
Light touch tends to be alerting, deep touch/pressure tends to be calming. The touch activities pictured are typically organizing to the brain and body and result in improved attention to task.



Sound/Sight/Smell Activities

Frequent exposure to a well-balanced assortment of these activities promotes optimum sensory modulation.





Taste and Oral Input

These activities are forms of proprioceptive input to the mouth and are almost always calming and organizing.