

Sensory Stimulation and Development - Resource Category Ideas



SIGHT

Visual stimuli



HEARING

Auditory stimuli



TOUCH

Tactile stimuli



TASTE

Gustation stimuli



SMELL

Olfactory stimuli



VESTIBULAR

Movement (Balance)
Stimuli



PROPRIOCEPTION

Movement (Pressure)
Stimuli

<p>Lights</p> <p>Reflective surfaces</p> <p>Colours</p> <p>High contrast</p> <p>Monochrome</p>	<p>Music</p> <p>Instruments</p> <p>Sound effects</p>	<p>Textured</p> <p>'Fluid' textures</p> <p>Shape</p>	<p>Sour</p> <p>Sweet</p> <p>Bitter</p> <p>Salty</p> <p>Umami (savoury)</p>	<p>Natural</p> <p>Manmade</p>	<p>Rocking motions</p> <p>Bouncing motions</p> <p>Turning motions</p> <p>Swinging motions</p> <p>Jumping motions</p> <p>Rolling motions</p> <p>Spinning motions</p>	<p>Pressure</p> <p>Movement (<i>body awareness</i>)</p> <p>Sensation</p>
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