

## Sensory Substitution Ideas

- Brush hair or massage scalp
- Brush or massage a pet
- Pull threads from loosely woven fabric
- Play with Silly Putty
- Squeeze stress balls or foam balls
- Use brushes to provide tactile stimulation to the hands
- Scrub hair pulling areas with a loofah
- Get a textured steering wheel cover
- Play with small dolls that are textured or have long hair
- Handle textured objects such as Koosh balls, pot scrubbers, Velcro, sandpaper, feathers, velvet, etc.
- Pop bubble wrap
- Handle a furry or velvety stuffed animal
- Manipulate toothed lock washers
- Play with a miniature Slinky toy
- Carry rubber bands, paper clips, or string
- Bite or handle dental floss or nylon fishing line
- Break or pull yarn or lightweight sewing thread
- Eat sesame seeds or crack and eat sunflower or pumpkin seeds in the shell
- Eat strongly flavored sugarless candies (mints)
- Chew gum
- Draw or doodle with a pencil or pen
- Knit, crochet, stitch, etc.
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