

# 5 Senses Calm Down Tips

AutismBlueprint.com

## VISUAL

- sunglasses
- dim lights
- hat w/brim
- no fluorescents

## TOUCH

- massage/pressure
- fidgets/squeeze balls
- play tent/safe space
- weighted pad/blanket

## TASTE

- gummy bears/gum
- chew toys/sensory toys
- sip cold water or hot tea

## AUDITORY

- headset/earmuffs
- soft voice/whisper
- quiet music
- turn off TV/noise

## SMELL

- move outside/inside
- essential oils (lavender)
- scent-free products

## ADD YOUR OWN

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