

Exercise like chair
pushups or burpie
Therapy ball
Rocking on chair

Reading
books,
watching
TV/
comedy
art work

Stretch /
pull
exercises/
resistance.
Chewing
gum



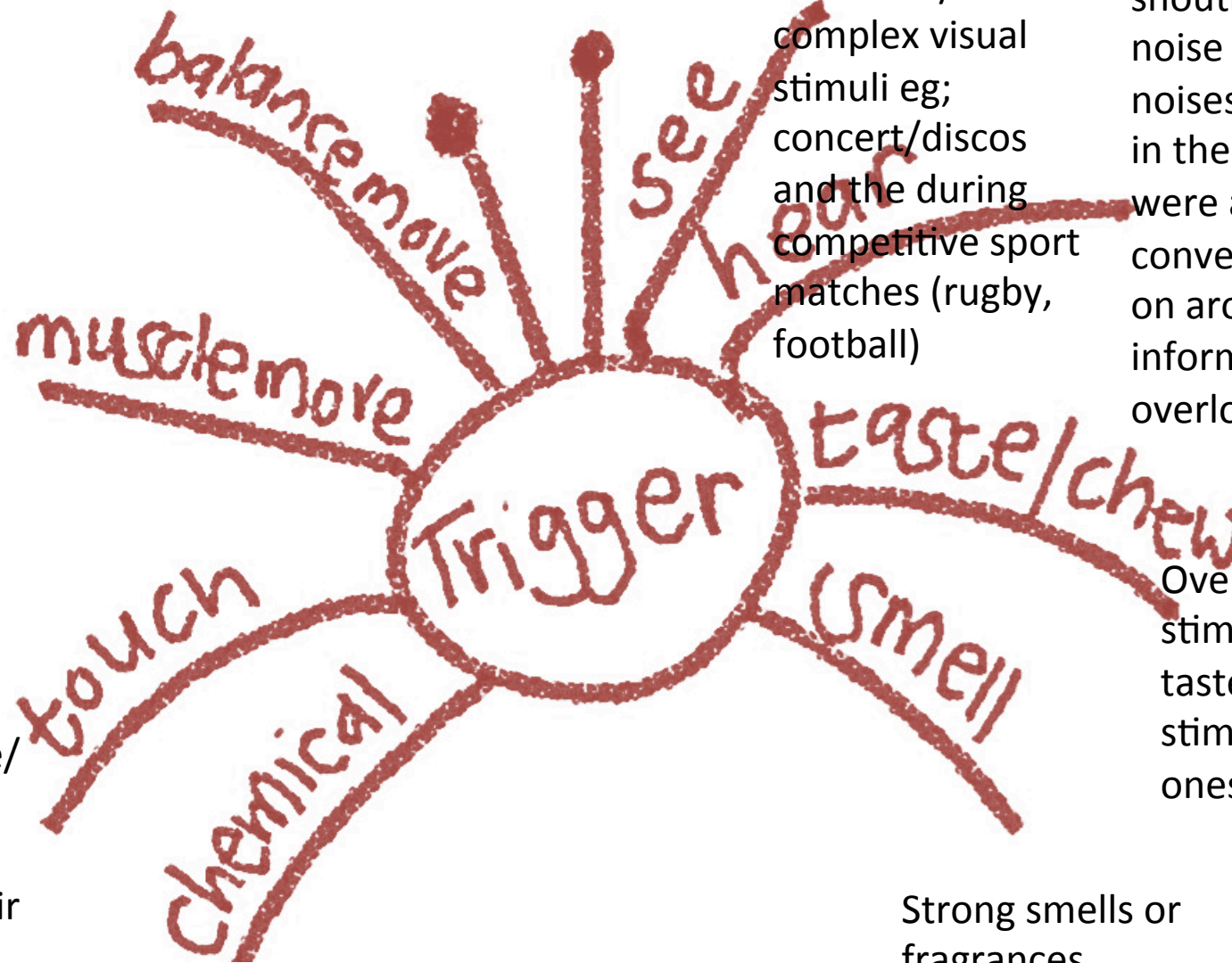
Listening to
calm music

Warmth
Hot baths/
hugs with
family.

Chewing
gum, hot
beverages

hot chocolate/ chocolate-
regular meals and snacks

Mellow, nice
smelling



Staring at electronic screens too much/over complex visual stimuli eg; concert/discos and the during competitive sport matches (rugby, football)

Trance or aggressive music/shouting/lots of noise like muffled noises when I was in the I.T lab, there were a lot of conversations goin on around me/information overload

Over stimulating tastes or under stimulating ones

Strong smells or fragrances

Scalp sensitive/don't like my scalp being touched or hair pulled

Caffeine at times

Exercise ball, pull ups/ swinging on chair

Funny films or dramatic films/games

Exercise, running and sudden movement and jolts

Listening to repetitive beats and uplifting or raising music / suddens noise

Rough or cringey surfaces (eg blackboard), cold water, showers/ sudden physical contact pushing in rugby

Coffee or hot chocolate/ natural energy carb drinks

Bad smelling, alarming

Sour sweets, chewing gum

