

Energy Needed
(Match for the Activity)

My Energy
(Where I Am)

Maxed Out / Frenzied

Amped Up / Fidgety

Focused / Purposeful

Settled / Calm

Sleepy / Still

Asleep

Energy Needed

(Match for the Activity)

My Energy

(Where I Am)



Elekid -

stores electricity in its body. If it touches metal and accidentally discharges all its built-up electricity, Elekid begins swinging its arms in circles to recharge itself!



Pikachu -

whenever Pikachu comes across something new, it blasts it with a jolt of electricity!



Squirtle -

may be slow and steady; may swim fast for its target!



Diglet -

grounded, creates soil excellent for growth!



Abra -

senses even when it's sleeping!



Snorlax -

asleep...deep sleep!

Energy Needed (Match for the Activity)

My Energy (Where I Am)

Potassium (K, 19) -

reacts rapidly with atmospheric oxygen to make potassium peroxide in seconds; can easily create a positive ionic charge; needed in the human body to support many basic functions.

Samarium (Sm, 62) -

magnetic, rare earth semi-metal, fairly volatile; used as a catalyst in chemical reactions; used in x-ray lasers.

Iron (Fe, 26) -

needed in blood, earth's outer and inner core and crust. Reacts with water and oxygen. As the most abundant element by mass, it has many purposes.

Platinum (Pt, 78) -

highly unreactive but malleable, non-toxic, stable and resistant to corrosion.

Xenon (Xe, 54) -

noble gas; generally unreactive, but it can undergo a few chemical reactions.

Argon (Ar, 18) -

inert gas; name derived from the greek word for "inactive" (ἀργόν)

Energy Needed
(Match for the Activity)

My Energy
(Where I Am)

Hyper / Over-the-Top

Energetic / Jumpy

Ready / Paying Attention

Chill / Calm

Tired / Sluggish

ZZZZZ

Sensory System	Soothing	Alerting
Vestibular (movement/position in space)	<i>Movements that are:</i> <ul style="list-style-type: none"> ● Rhythmic (e.g., jumping) ● Rocking (e.g., dancing) ● Linear (e.g., walking, climbing stairs) ● Arc (e.g., swinging) 	<i>Movements that are:</i> <ul style="list-style-type: none"> ● Random (e.g., touch toes, playing tag, Simon Says) ● Quick (e.g., sprinting) ● Circular (e.g., swinging) ● Spinning (e.g., dancing)
Proprioceptive (muscle and joint input position/ pressure... <i>often considered the universal regulatory same input can increase arousal or decrease arousal)</i>	<i>Inputs that provide:</i> <ul style="list-style-type: none"> ● Passive pressure from trusted individual (e.g., bear hugs, squishes, joint compressions) ● Resistive movement (e.g. carrying items such as backpacks and books, wheelbarrow walking, crab walking, bear walking) ● Passive inputs (e.g., weighted blankets, hug vests) ● Resistive fine motor toys (e.g., play doh, putty, stress balls) ● Oral motor activities (e.g., chewy food/ candy, resistive sucking on straws blowing bubbles, sports bottle) 	<i>Inputs that involve:</i> <ul style="list-style-type: none"> ● Moving and joint compression (e.g., hippity hop, jumping, hop scotch, twister) ● Pushing and Pulling (e.g., vacuuming, shoveling, scooters, carrying objects) ● Passive pressure from trusted individual (e.g., bear hugs, squishes) ● Resistive fine motor toys (e.g., play doh, putty, stress balls) ● Oral motor activities (e.g., chewy food/candy, resistive sucking on straws blowing bubbles, sports bottle)
Tactile (touch)	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Consistent pressure and firm touch (e.g., massage from trusted person or self massage, stroking preferred fabric or surface texture) ● Rhythmic tapping ● Foods that are smooth and soft (e.g., pudding, yogurt, breads) 	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Light touch (e.g., tickling by self or trusted person) ● Stroking preferred fabric or surface texture ● Foods that are crisp or crunchy (e.g., pickles, crackers, chips, crisps, pretzels)
Auditory (sound)	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Rhythmic, predictable sounds ● Listening to music with strong, slow and steady beat ● Individual being in control of auditory qualities of the environment 	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Unexpected, loud, and random sounds ● Listening to music with quick tempo or improvisational qualities
Gustatory (taste)	<i>Food and drinks that include:</i> <ul style="list-style-type: none"> ● Mild flavors (e.g., sweet, smooth) 	<i>Food and drinks that include:</i> <ul style="list-style-type: none"> ● Strong flavors (e.g., sour, spicy, salty)
Visual (sight)	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Colors and predictable patterns that are pleasing to an individual (e.g., kaleidoscope) 	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Random visual information, rapid movement (e.g., balls being tossed towards person)
Olfactory (smell)	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Familiar pleasant smells to individual 	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Unfamiliar, pungent, sharp smells

*The appropriateness of these strategies for any given individual should always be considered within the context of that individual's sensory processing profile. They are not universally applicable.

