



Sensory Oral Activities

The following oral activities provide lots of proprioceptive feedback to the mouth and jaw. Sucking, blowing and chewing activities help to regulate and calm the sensory nervous system.

crunchy chewy
snacks



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"blowing"



bubbles, whistle,
recorder

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mouth chewies
or gum



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electric
toothbrush



vibration

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straw sucking



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deep breath,
now relax!



One more time

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