

# Sensory/Automatic

**Remember:** The function of Automatic Reinforcement/Sensory reinforcement can be either to GET sensory input OR to REDUCE some sensory input that is overwhelming. Most stemming behavior is maintained by automatic reinforcement, as is quite a bit of self-injurious behavior. Providing sensory reinforcement can occur after behavior as a method of teaching effective coping alternatives and can also be pre-programmed and scheduled before behavior occurs to give the child an outlet and time for those sensory seeking behaviors.

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Here are some ideas for how to reinforce ADAPTIVE behavior by providing SENSORY input (the desired reinforcer):

1. Sensory Fidgets:
  - a. Fidget spinners
  - b. Squishy balls
  - c. Stress balls
  - d. Chews
  - e. Bubblers
  - f. Bubbles
  - g. Busy boards
  - h. String/yarn/beads
2. Silly putty/ playdough/slime
3. Weighted blanket
4. Different textured surfaces (fuzzy rug, soft blanket, silk pillow cover, etc.)
5. Dry brushes – many students like brushes along their arms
6. Deep Pressure
  - a. Gently taking your palms and squeezing the side of the head
  - b. Squeezes along the arms and hands
  - c. Using a pillow to gently place pressure along the body/spine
  - d. Crash pad space with pillows/bean bag chairs/etc. that a student can safely crash into
7. Lights on/off
8. Volume of the room up or down