

SENSORY DIET WORKSHEET

.....

A **sensory diet** includes a balance of sensory meals, sensory snacks, environmental supports, “hideout” spaces, and leisure activities to keep you functioning at your best. Refer to the *Creating a Sensory Diet* document for a list of step-by-step instructions on how to complete the *Sensory Diet Worksheet* below.

.....

1. Sensory “Meals”

Sensory meals should be scheduled as part of your daily routine. Try to complete 2 – 3 sensory meal activities each day.

<i>Time of Day</i>	<i>Sensory Meal Activity</i>
Morning	
Mid-Morning/ Early Afternoon	
Afternoon	
Late Afternoon/ Early Evening	
Evening/ Before Bed	

2. Sensory “Snacks”

Sensory snacks should be used as needed to help keep your body comfortable and/or focused throughout your day. You may want to create a special bag filled with sensory “snacks” you find comforting/organizing. A sample sensory bag might include: gum, a bag of pretzels/chips, lotion, headphones, and a water bottle with a chewy top. You can carry your bag around so you always have sensory snacks when you need them!

1. _____
2. _____
3. _____
4. _____
5. _____

3. Environmental Supports

Environmental supports are adaptations you can make in the classroom, workplace, or at home. For example: bringing a yoga ball to sit on instead of a desk chair; using visual reminders for things you need to do; keeping commonly used items in easily accessible locations; white noise machine; using full spectrum light bulbs instead of fluorescents; aromatherapy scents, etc.

1. _____
2. _____
3. _____

4. “Hideout” Spaces

“Hideout” spaces are places you can go when you need alone/quiet time during your day. Some examples include: a cozy corner of the school library, a midday break in your car, a single-stall bathroom, or an after-school/work rest break in your bedroom.

1. _____
2. _____
3. _____

5. Leisure Activities

Leisure activities are excellent ways to get sensory input before or after school/work OR during free time on the weekends. Some examples of leisure activities include: swimming, hiking, singing in a chorus, exercise classes (i.e. yoga, spinning, kick-boxing), dance classes (i.e. zumba, ballroom), tennis, basketball, painting, pottery, etc. Leisure activities are an important part of your sensory diet – If you are already doing some of the above activities, GREAT! If not, try 1 or 2 new activities each month until you find something you like.

<i>When</i>	<i>Activity</i>
Before or after school/work	
Weekly	
Monthly	
Seasonally	

May not be copied, reproduced, or distributed, except for personal use, without permission.

For more information visit the Spiral Foundation at www.thespiralfoundation.org

Developed by Tess Guttadauro, OTS