

# Your Sensory Diet

Having a sensory diet should help you to feel regulated throughout the day and meet your sensory needs.

## Sensory Activities

These sensory activities can be chosen from the sensory strategies that you have identified as having a regulating effect on you.

| Time of day            | Sensory Activities                                                            |
|------------------------|-------------------------------------------------------------------------------|
| Morning                | e.g. going for a brisk walk or eating crunchy cereal                          |
| Mid-morning            | e.g. spending time in a quiet place or doing chair or wall push ups           |
| Afternoon              | e.g. listening to music or eating a chewy snack                               |
| Late-afternoon         | e.g. read a book or drink a tea or coffee                                     |
| Evening/<br>before bed | e.g. apply lotion with firm, deep pressure strokes or rock in a rocking chair |



## Sensory Bag

Having a bag filled with things that help you to feel regulated in different situations and environments throughout the day is also useful. The sensory bag could include things like: chewing gum, a bag of pretzels/crisps, hand or body lotion, headphones, a water bottle and fidget spinner.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Quiet spaces

Identifying quiet spaces where you can go when you need alone/quiet time during the day to regulate is important. Examples include: a cozy corner of the library, a midday break in your car, or an after work rest break in your bedroom.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Leisure activities

Leisure activities can be an important part of your sensory diet and a great way of getting sensory input before or after work or during the weekend. Examples include: swimming, hiking, singing, exercise classes painting or pottery.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_