

CALMING SENSORY DIET

Worksheet

INSTRUCTIONS FOR BEST USE

Hi, friend!

Thanks for subscribing and downloading this resource. I want you to get the most out of your download and for it to truly help you in your daily life. SO here are a few simple instructions before you head on your way.

You'll only need one of the following worksheets. So first, decide which worksheet flows best with the way your mind works. (There are no wrong choices here!) Then follow the instructions on that sheet. Here's some info to help you choose.

WORKSHEET #1

Starts with defining critical points in your day (when your kids need to calm down and/or focus) and builds from there

Just plug in heavy work ideas from your list on the first page of this packet!

WORKSHEET #2

Starts with what YOUR days already look like and builds from there

Helps you evaluate where you can turn things your children are already doing into heavy work

After evaluating, if there are times in your day that need more heavy work, just plug in ideas from the list!

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- ♥ Identify critical points in your day
- ♥ Set heavy work times to calm your child BEFORE those critical points
- ♥ Identify how much time your child needs during each session (between 2 and 10 minutes)
- ♥ Fill appropriate activities into each session (making sure to have a variety of activities)

TIME:
HOW LONG:
ACTIVITIES:

TIME:
HOW LONG:
ACTIVITIES:

TIME:
HOW LONG:
ACTIVITIES:

TIME:
HOW LONG:
ACTIVITIES:

TIME:
HOW LONG:
ACTIVITIES:

TIME:
HOW LONG:
ACTIVITIES:

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OUTDOOR PLAY

- What types of outdoor games do my kids like to play?
- How could I add a pushing/pulling element to those games?
- What times of day are best for us to go outside?

TIMES & ACTIVITIES

INDOOR PLAY

- What items do we have in our house that could aid in heavy work?
- How could I make them into something fun for my kids?
- What games are they already playing that I could modify?

CHORES

- What chores are my kids responsible for?
- Do any of them strengthen proprioception?
- What times of day do my children complete chores?

ORAL-RELATED

- When do my children really need to focus?
- After experimenting and observing them, does chewing seem to help with their focus?
- What types of things do I feel comfortable with them chewing?

Look at the times of day and activities you've filled in. With what you have, will your children get enough heavy work throughout the day to keep them regulated? If not, brainstorm a few extra times and activities until you've got the plan that works for your family!