

Sample Sensory Diet

This sensory diet was created for a second grade student who sensory seeking behaviors interfered with his attention and learning. Activities should be individualized for each child and modified frequently to meet changing needs. A separate program was worked out for this child with the school, including frequent movement breaks, a wiggle seat and providing crunchy/chewy oral comfort snacks at handwriting time.

Morning Routine

- Massage feet and back to help wake up
- Listen to therapeutic listening CD
- Use vibrating toothbrush and vibrating hairbrush
- Crunchy cereal with fruit and some protein
- Spin on dizzy disc as directed
- Jump on trampoline as directed

After School

- Go to playground for at least 20 minutes
- Push grocery cart or sister's stroller
- Spinning as directed
- Mini Tampoline- add some variety: have him play catch or toss toys into a basket while jumping
- Massage feet to "reorganize," use theraputty, body sock, make body sandwich, wheelbarrow walk
- Do ball exercises as directed
- Listen to therapeutic listening CD
- Oral work—sucking thick liquids through straw (smoothie), crunchy and chewy snacks prior to/during homework

Dinner Time

- Help with cooking, mixing, chopping, etc.
- Help set table, using two hands to carry and balance a tray
- Provide crunchy and chewy foods

Bed Time

- Family time: clay projects, painting projects, etc.
- Warm bath with bubbles and calming essential oil
- Massage during reading time