

SENSORY DIET TEMPLATE

Use this worksheet to plan your child's sensory diet. Remember to look for activities that they respond positively to. Does it help them pay attention better, be less aggressive, get their teeth brushed, fall asleep quicker, etc. Use the last column to check what is working, remember to try/offer multiple times! The first page is an example of a schedule, and the first 4 lines, give you a sample. Get more sensory diet activities [here](#).

daily activity	challenge	sensory activity	helpful?
Wake -Up	Bad mood, irritable	Thick cold smoothie to drink Dim lights Little to no talking	X X
Go to School	Anxious about going	Big hugs Squeeze ball in pocket Supplies organized night before	X X
Nap	Can't fall asleep	Room darkening blinds Weighted blanket Story time in rocking chair first	X X
Dinner	Won't sit still	Jump on trampoline beforehand Sit on a wobble cushion	X
Wake- Up			
Breakfast			
Transition to school/daycare/ activities			
Lunch			
Nap/activity			
Snack			
Homework			
Free-Time/Activity			
Dinner			
Bath/shower			
Bedtime			

