

When I have to:



go to the lunch room

I can do these activities:

before



heavy work
activities

during



listen to
quiet music

after



deep breaths

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Directions: Assist the child as needed to determine sensory strategies for different situations.

Step 1: Write, draw or place a picture symbol in the top box to describe the situation.

Step 2: Help the child to recognize activities that will address the child's sensory needs. Write, draw or place a picture symbol in each of the three boxes, if applicable.

If you need picture symbols for sensory diets check out:

1. *Cut and Paste Sensory Diet*: www.YourTherapySource.com/sensorydiet
2. *Mini Sensory Books*: www.YourTherapySource.com/minisensory
3. *Sensational Brain Membership*: www.YourTherapySource.com/brainworks

If you need suggestions for a sensory diet check out *Typical Classroom Sensory-Based Problem Behaviors & Suggested Therapeutic Interventions* at www.YourTherapySource.com/mccaigue

Want to see if the sensory diet is effective? Check out *The Scale of Sensory Strategies (S.O.S.S.) Tool Kit™*: www.YourTherapySource.com/soos

When I have to:

I can do these activities:



before

during

after