

Our Sensory Plan

My child struggles with being a...

☐

Proprioceptive Seeker

☐

Auditory Avider

☐

Vestibular Seeker

☐

Vestibular Avider

☐

Tactile Seeker

☐

Tactile Avider

☐

Oral Seeker

☐

Oral Avider

☐

Other:

☐

Other:

What equipment do I have?

What equipment do I want?

What sensory activities have worked well in the past?

What sensory activities do you want to try?

When does your child typically have a hard time? Do you see a pattern in their meltdowns/ behaviours?

How can you arrange your schedule so your child gets beneficial input before, during and after the problem time?

Think through a sample day/schedule that includes sensory input and activities...

What are the best ways to help your child calm down during and after a meltdown?

Our Sensory Plan

Schedule

Time

Activity

[illegible]

Favourite ways to get sensory input

Type #1

Type #2

Type #3

Favourite calm down methods	
1	Listening to music
2	Reading a book
3	Watching TV
4	Doing a craft
5	Going for a walk
6	Drinking tea
7	Doing a puzzle
8	Listening to a podcast
9	Doing a yoga routine
10	Watching a movie

Equipment -

No equipment -