

Sensory Diet H.W. Chart

Positive Pressure <i>Anything that will allow the child to be squished or hugged and will apply positive pressure</i>	Auditory	Tactile/ Touch/Feel	Smell/Olfactory <i>Aroma Therapy is quite beneficial to each student and the development of their senses</i>	Vestibular
Use weighted vest/blankets For 5 minutes <input type="checkbox"/>	Play soothing sounds for 5-15 minutes at home <input type="checkbox"/>	Use of Play-Doh/Glob for 5 minutes. Vary use of color daily <input type="checkbox"/>	Use of scented candles for 5 minute at home before going to sleep <input type="checkbox"/>	Use of a swing/hammock that moves in one place for 5 minutes <input type="checkbox"/>
Use big floor pillows for 5 minutes to apply pressure <input type="checkbox"/>	Use of a sound pillow for 5-15 minutes at home <input type="checkbox"/>	Use of finger paints on paper or canvas for 5 minutes <input type="checkbox"/>	Use of scented stuffed animals at home before going to sleep <input type="checkbox"/>	Use of a balance board for 1-2 minutes with assistance <input type="checkbox"/>
Use beanbags for 5 minutes to apply pressure <input type="checkbox"/>	Use of a nature sound machine for 5-15 minutes <input type="checkbox"/>	Use of any textured toys/balls/walls/puzzles for 5 minutes <input type="checkbox"/>	Calming Scents 1. Vanilla 2. Lavender 3. Peppermint 4. Jasmine Stimulating Scents 1. Cinnamon 2. Sweet/Sour 3. Spices 4. Floral Scents	Use of a rocking chair or rocking toy for 5 minutes <input type="checkbox"/>
Use a trampolines for 5-15 minutes <input type="checkbox"/>	Playing white noise for 5-15 minutes <input type="checkbox"/>	Use of massagers or vibrating toys for 5 minutes <input type="checkbox"/>		Use of play tents/huts or covered area filled with blankets <input type="checkbox"/>
Use of therapy Balls for 5 minutes <input type="checkbox"/>	Play relaxation music for 5 minutes at home <input type="checkbox"/>	Use of a sensory brush for 5-10 minutes at home <input type="checkbox"/>		Use of small or large tubes to roll in for 5 minutes <input type="checkbox"/>

Directions: Check off one activity to perform with your child daily. Report your progress to your child's teacher.

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Problems that are often associated with Sensory Integration Dysfunction are:

Acute awareness to background noise

Fascinations with lights, fans, and water

Spinning items and taking them apart

Tip toe walking

No or very low awareness to pain

Coordination problems

Extremely high or low energy

Reacts strongly to stimuli on face, hand, and feet

Very short attention span

Sensitivity to smell and taste

Difficulty with transitions

Self-Injury or aggression

Extremes of energy levels either hyperactive or underactive

Fearful of space

Striking out at someone who accidentally brushes them when walking by

Avoidance of physical contact with people

Avoidance to certain textures such as sand, paste, and finger-paints

Reacts strongly to stimuli to face, hands , and feet

Dislike for grooming