

Sensory diet checklist

Thinking about your child on a typical day:

How do they respond to different sensation?

What are they more or less sensitive to, how does this affect what they're doing?

What type of sensation do they enjoy?

e.g. Looking at things, fast movement, crash/bang, chewing things, big hugs etc

Is this calming, alerting or organising for them?

What do they avoid?

What part of the day are they most 'organised'?

What part of the day are they most 'disorganised'?
(have difficulty with behaviour or joining others or activity)

What type of activities do you feel help them to be calm/alert?

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These may be key components of a sensory diet.

Sensory Diet Timetable

Think sensory: touch, types of movement, taste, smell, hearing, vision etc.

School day

Time	What we do now	What we will try
Waking up		
Eat breakfast		
Get ready for School		

Travel to school		
Arriving at school		
Class time		
Break time		
Class time		
lunchtime		
Class time		
Home time		

Travelling home		
Before dinner		
Dinner time		
Getting ready for bed		
Bedtime		

Sensory Diet Timetable

Think sensory: touch, types of movement, taste, smell, hearing, vision etc.

Weekend or holiday

Time	What we do now	What we will try
Waking up		

Eat breakfast		
Get ready to go out		
Travel		
Arriving at		
At.....		
Leaving		
lunchtime		

Travel		
Before dinner		
Dinner time		
Getting ready for bed		
Bedtime		