

# A Sample Sensory Diet

The following guidelines represent a kind of sensory diet for one particular child. Keep in mind that every child has a different regulatory and sensory profile, and that these activities are not appropriate or useful for every child. You should get guidance from an occupational therapist or other individual who is experienced with sensory integration.

In this particular example, the child would become disorganized on a regular basis. Although this has meant different things at different times, this child shows disorganization primarily by:

- being extremely silly and unresponsive
- laughing uncontrollably
- losing control of his body--getting extremely limp and/or clumsy
- becoming either hyper- or hypo-sensitive to pain and other physical stimuli
- getting aggressive--pinching or spitting, usually in a taunting, almost maniacal way
- humming and clicking while wandering around aimlessly

Engaging this child in sensory activities on a frequent, regular basis seemed to help him to remain engaged, focused, and in control more often. When this child does get disorganized, these activities help him to find himself again.

At the critical times during the day, plan on activating the child with these activities.

NOTE: Spin the child at every activation phase. Spin him in the swing 10 complete revolutions each direction, with a 20-30 second pause in between. Spin firmly and quickly. Do not repeat.

*Warning:* For some children, spinning is not useful, and can be overstimulating and dangerous. Before engaging in any of these activities (and spinning in particular), please consult a professional who has a solid understanding of sensory integration principles.

## Chase Games

- Tag
- Follow-the-Leader
- Obstacle Courses
- Red Light/Green Light
- Running Races

## Exercise Games

- Simon Says
- Obstacle Course
- "If You're Happy & You Know It"

Incorporate:

Jumping Jacks  
Stretching  
Situps and Pullups

Tumbling/Head Stands  
Balance Beam  
Standing on one leg  
Wheelbarrow

### Swinging/Bouncing

- Inside swings
- Trampoline
- Hang-bar
- Tire Swing
- Outside swings
- Outside trolley
- Exercise ball

### Squeezables

- Nerf balls
- Gak, floam, flubber, silly putty
- Play catch with any ball

Incorporate those activities plus others listed in the box below into as many of your games as possible. Be sure to work in a sensory activity at least every half hour.

## **EVERY HALF HOUR AND ANYTIME**

### **Other Sensory Stimulation**

Everything on the other list plus:

- Smelling Scents Game
- Rubbing/Brushing (brush firmly and consistently--avoid stomach)
- Rolling Up In Blanket
- Crawling through a "caterpillar" (long tube of stretchy fabric)
- Dragging/Sliding Around Room
- Silly Walks (e.g., crab walk)
- Ball and Bat
- Imitating Songs
- Hand Games
- Stilts/Roller Skates
- Jump Rope

## **CALMING ACTIVITIES**

8:30AM Bath, Brushing, Deep Pressure

3:15PM Child's choice (e.g., biking)

6:30PM Supper, Bath, Deep Pressure, Free Play, Stories, Bed