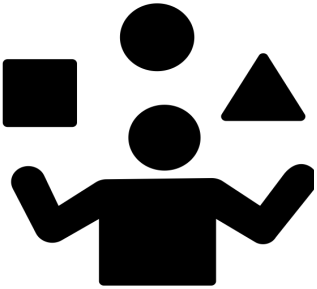




# Sensory Diet Activities



Some common activities, events, or daily living activities can be especially challenging for children with SPD. Examples include:

- Hair cuts
- Brushing teeth
- Bath/shower
- Nail clipping
- Bedtime
- Car/bus rides
- Large gatherings (holiday, birthday, fair)



Proprioceptive/  
Vestibular  
Movement



Sight



Sound



Touch








Taste

Depending on your child's sensory processing differences, these occurrences may pose unique challenges. It is important to remember to plan for specific sensory activities that meet your child's sensory seeking or sensory avoiding needs.

A sensory diet is a tool that integrates a variety of activities (appropriate for seeking or avoiding) into your child's daily routine. A sensory diet is beneficial because it addresses sensory seeking/sensory avoiding throughout the day, not only when the child is dysregulated or struggling with their sensory processing.

# Sensory Diet Activities

Consider some of the following ideas for your child's daily routine:

Sense	Ideas for Sensory Avoiding	Ideas for Sensory Seeking
Proprioceptive/ Vestibular  	Short car rides Firm mattress or seating Weighted vest, blanket, etc Heavy work tasks (taking out the garbage, carrying heavy items) Deep pressure Body sock Hugs Massages	Swinging Trampoline Rocking Sit on yoga ball Crash pad Sports Exercise Wiggle seat Flips/somersaults
Sight  	Dimming lights Screen filters Sunglasses Slow or still images Muted or few colors	Bright lights Colorful Lots of moving images Multiple types of lights
Sound  	Low volume Non-busy environments Ear plugs Noise cancelling headphones Quiet toys	High volume Busy/noisy environments Sound making toys
Tactile  	Seamless/tagless clothing	Variety of textures (soft, rough, smooth, bumpy)
Gustatory/Olfactory  	Reduce exposure to strong scents (candles, farms) Scent-free detergents and soaps Bland food	Spicy food Aroma therapy Diffusers Essential oils

Graphics created by Vectors Point and Julie Zoe, GB for the Noun Project