

Sensory Diet

What / Why

Certain sounds, smells, textures and tastes can be overwhelming and create a feeling of sensory overload.

Developing a sensory diet is important because it:

- Helps students to pay attention, engage and learn
- Helps students to calm down when they are agitated or stressed.
- Stimulates the brain.
- Develop skills such as taking turns, sharing etc. which enables students to become more mature more quickly.
- Students can begin to manage tasks more independently.



How

We can use these strategies

- **Physical activities:** such as trampolining or cycling etc.
- **Tactile;** play with playdough ,gloop/slime, sand, shaving cream ,rice etc.
- **Visual;** Using torches to look at the books ,using dot to dots mazes to narrow visuals.
- **Oral;** Chewy toys , especially chewy food , gums etc.
- **Auditory;** White noise or favourite music on an IPod ,noise reduction headphones such as ear defenders.
- **Visual clues;** Picture cards/ symbols or Makaton can be used to help students to follow instructions.

Resources



- [Practice Alert Actions](#)
- [Activate your senses](#)
- [Describe your senses](#)
- [Sensory Diet Exercise Plan](#)

Web links

Learn more online here







- [Get your body moving](#)
- [Make your own fidget toys](#)
- [Make your own slime](#)











Challenge:





[Try to make some natural Fruit playdough...](#)













     
Sensory diet helps us to calm

  
down and focus on the things


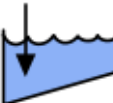

    
we want to learn . We all

   
have sensory needs . Choose

     
some alert actions to help you

   
to get ready for your learning.

Alert Action 1

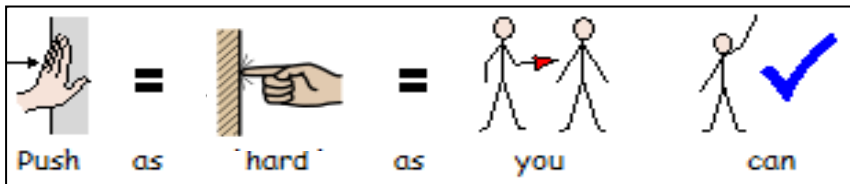
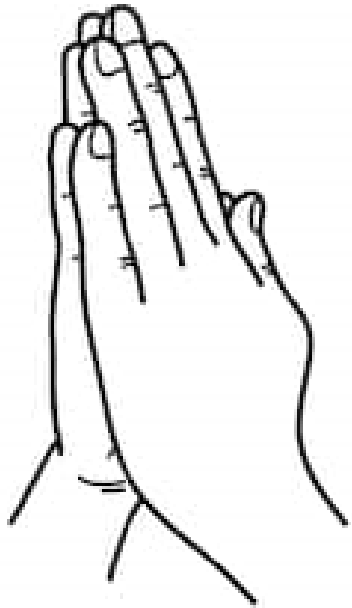
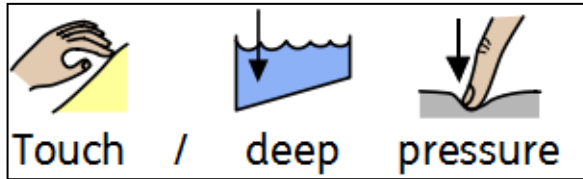
 /  
Touch / deep pressure



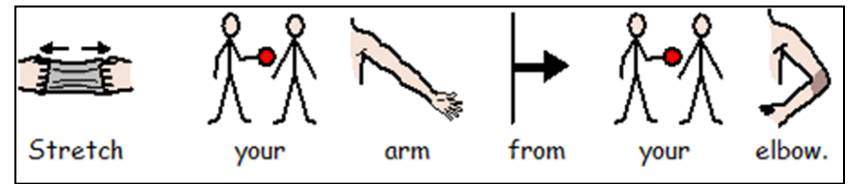
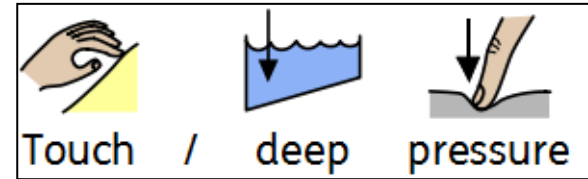
   /  
Lift your right / left leg up



Alert Action 2



Alert Action 3



Alert Actions help us to wake up our brain. They help us to engage and focus.



Aine's Chair Pull Ups

Place hands underneath the chair and try to pull up as hard as you can.



Jackie's Wall Push

Place your hands flat on a wall and slowly bend and straighten your arms, keeping your back straight.



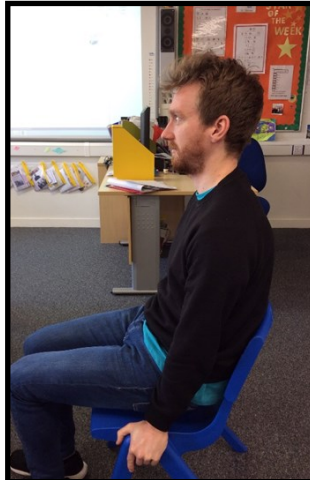
Simone's Lean

On a strong and stable work surface lean with your forearms and lift your feet off the floor.



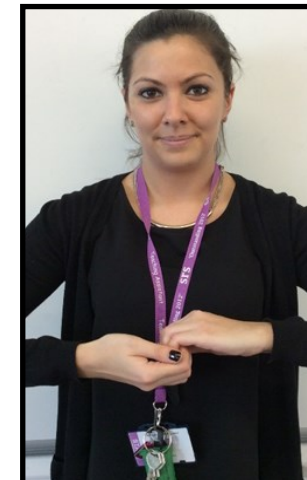
Mo's Hand Press

Hold your hands in a prayer position. Push as hard as you can against the other hand.



Russell's Chair Push Ups

Place your hands on the chair palm facing downwards and push downwards.



Katie's Hand Clasp

Clasp fingers in each hand and pull the hands away from each other without the hands coming apart.



























Activate your senses

Activate each of your senses and experience how they feel.

Think about each sense . Some might be more difficult to manage than others.

You might like different smells but not like different tastes.

 Smell
 Taste
 Sight
 Touch
 Move
 Listen

 Air	 Perfume	 Food	 Flowers
 Fruit	 Vegetables	 Biscuits	 Juice
 Outside	 People	 Cars	 Stars
 Shake Hands	 Clothes	 Objects	 Surfaces
 Walk	 Run	 Jump	 Hop
 People	 Nature	 Technology	 Environment



























Describe your senses

Learn how to describe each of your senses so you can tell people how they make you feel. And what they are.

There might be some smells that have all the describing words. Like food.

Some food will smell nice and some food can smell horrid.

 Smell
 Taste
 Sight
 Touch
 Move
 Listen

 Good	 Bad	 Nice	 Horrid
 Sweet	 Sour	 Salty	 Bitter
 Inside	 Outside	 People	 Cars
 Soft	 Hard	 Bumpy	 Smooth
 Walk	 Run	 Jump	 Hop
 Loud	 Quite	 Whisper	 Scream



[Make Slime](#)



[Learn how to make slime](#)

[Make a Fidget Toy](#)



[Learn how to make a fidget toy](#)

