My Sensory Map

Every body takes in sounds, touch, light and movement in its own way.

Name: _____ **Date:** _____

1 Too much for me Tick the things that bother my body

- [ ] Loud noises
- [ ] Tags or seams
- [ ] Bright lights
- [ ] Strong smells
- [ ] Messy hands
- [ ] Crowds
- [ ] Some food textures
- [ ] Surprise touch

2 I go looking for Tick the things my body wants more of

- [ ] Spinning
- [ ] Jumping
- [ ] Crashing
- [ ] Chewing things
- [ ] Tight hugs
- [ ] Fidgeting
- [ ] Touching things
- [ ] Moving a lot

3 Just right activities Circle two to try this week

- [ ] Wall pushes
- [ ] Carry heavy books
- [ ] Animal walks
- [ ] Swinging
- [ ] Crunchy snack
- [ ] Ear defenders
- [ ] Quiet corner
- [ ] Fidget toy

4 Sensory detective Be curious, not embarrassed. Every body is different

Hardest place or time for my senses: _____

What helps me there: _____

What I want grown ups to know: _____

Draw my just right spot, a place where my body feels calm and ready:

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My Sensory Day Plan

Short sensory breaks before things get too much help my body stay just right.

Name: _____ **Date:** _____

1 My sensory breaks Pick one activity for each part of the day

Morning, before school: _____

Before sitting work: _____

After lunch or recess: _____

At bedtime: _____

2 Signs I need a break My body tells me before it gets too big

- ☐ Covering ears
- ☐ Hiding
- ☐ Getting wild
- ☐ Crashing into things
- ☐ Chewing my shirt
- ☐ Cannot sit still
- ☐ Zoning out
- ☐ Want to scream

3 My week Tick each one at the end of the day

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Took my breaks	☐	☐	☐	☐	☐	☐	☐
Asked for what I need	☐	☐	☐	☐	☐	☐	☐
Tried a hard thing	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper Offer, never force. Let the child stop any activity at any time

This map is not a diagnosis. Sensory differences are common in autism, ADHD and anxiety, and in many children with none of these.

Talk with your pediatrician if sensory reactions limit eating, sleep, school or friendships, and ask about an occupational therapy evaluation.

Supervise movement play, skip anything that hurts or scares, and never hold a child down or wrap them to calm them.

If a child talks about wanting to die or hurting themselves, call or text 988. If anyone is in immediate danger, call 911.

Adult notes: what is helping, date to review the plan

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