

Planning a Sensory Diet

Arousal Level



Awake and alert or sleepy and tired



Rate different times of the day low/mid/high

morning



afternoon



evening



Sensory Systems

Note strong likes and dislikes

Seeks



Sensitive



auditory



visual



tactile



vestibular



proprioceptive

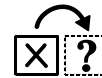


olfactory/gustatory



Emotions/Behaviors

What happens before the emotion/behavior?



frustrated

insecure

excited

aggressive

not engaged

runs away

These are sample behaviors. You can make a list that reflects your needs.