

Sensory Diet Fun Sheets is a companion/resource book designed to accompany Super Duper's® *Sensory Diet Cards*. This book targets sensory diet activities and teaching strategies for parents, teachers, and therapists. The reproducible pages include games, coloring activities, cut and paste pages, worksheets, and much more! You will also find easy-to-use templates and helpful handouts for parents.

Use this resource as a companion to the *Sensory Diet Cards* during therapy sessions. Use the *Sensory Diet Cards* and the *Sensory Diet Fun Sheets* to help your students learn about their sensory systems and the different tools they can use to feel *Just Right*.

Sensory Diet Fun Sheets is also valuable as a homework resource to reinforce a child's ability to select the sensory exercises that help him/her feel *Just Right* at home, at school, and in the community. Make therapy fun and rewarding with the *Sensory Diet Fun Sheets*.

We recommend using this book only under the supervision of a qualified professional trained in sensory integration theory and techniques.



When Does an SMD Occur?

A *Sensory Modulation Disorder* (SMD) can occur in any combination of the senses: hearing, taste, smell, sight, touch, or movement. Some children demonstrate extreme sensitivity to sensory information. For instance, they may dislike finger painting because they don't like to get their hands wet or sticky. Children with an SMD may get overwhelmed in large crowds due to the noise level and the number of people around. Some children need more intense amounts of sensory input to **start** moving while others cannot seem to **stop** moving. At some point in our lives, most of us have difficulty processing sensory information; however, when it interferes with our ability to function in our daily lives, it becomes a problem!

Over-Arousal

A child with an *over-aroused* sensory system tends to respond quickly and negatively to small amounts of sensory input. This condition is called *sensory defensiveness* and may lead to a child's avoidance of certain activities.

Behaviors of Over-Aroused Children

- Overreacts to light touch and messy play activities (e.g., finger paint, shaving cream, glue)
- Refuses or resists during grooming/hygiene activities (e.g., washing face, cutting hair, clipping nails)
- Reacts negatively and fearfully to movement experiences, particularly those involving a change in head position
- Negative response to noises (e.g., vacuum, toilet flushing, fire engine)



Under-Arousal

A child with an *under-aroused* sensory system may have problems registering sensory information or seek excessive amounts of sensory input. A sensory-seeking child typically requires more sensory input to help him/her stay calm and focused.

Behaviors of Under-Aroused Children

- Constantly crashing into objects or other people
- Described as "on the go" with no safety awareness

OR

- Requires more intense sensory activities to register sensory information
- Described as uninterested, difficult to engage, or slow-to-warm-up



Learning *Too Much*, *Too Little*, and *Just Right*

Instructions: Look at the pictures below. If the picture shows a child feeling *Too Much*, color it RED. If the picture shows the child feeling *Too Little*, color it YELLOW. If the picture shows a child feeling *Just Right*, color it GREEN. Use the *Teaching Cards* included in the *Sensory Diet Cards* or the *Teaching Cards* in the appendix of this book as a reference (page 68).



“What Would You Do If...” A Self-Regulation Game

Cut out the cards below. Laminate or attach to construction paper for added durability.

Instructions: Place the cards facedown in a pile. Have each child draw a card, read it, and identify 1–2 strategies he/she can do to feel *Just Right* in each scenario.

<p>You are outside playing basketball with your friends after school. Your mom tells you to come inside to finish your homework. What will you do to get <i>Just Right</i> for studying?</p>	<p>Your teacher is talking about an important assignment. You find yourself daydreaming. What is something you can do to get <i>Just Right</i> so that you hear what she says?</p>
<p>You stayed up later than usual last night and now you are feeling tired this morning. You need to be at school in 30 minutes. What are some things you can do to get <i>Just Right</i> by the time the school bell rings?</p>	<p>You are sitting in the lunchroom eating with your friends. It is too noisy and you begin to feel anxious. You know that you have a science test after lunch. Name something you can do to help get <i>Just Right</i> for taking the test.</p>
<p>Your teacher calls you in from recess. You have been playing kickball and your heart is beating fast. He announces that it is reading time. What is something you can do to get <i>Just Right</i> to sit and read a book?</p>	<p>You played too much on the swing at recess, and now you don't feel well. What is something you can do to get <i>Just Right</i> so you feel better?</p>
<p>The person sitting next to you in class keeps tapping her pencil on the desk. You are finding it hard to listen to the teacher—all you can hear is the tapping noise. What is something you can do to get <i>Just Right</i> so you can pay attention to the teacher?</p>	<p>You have been sitting at your desk for a very long time and you feel the need to start fidgeting in your chair. You haven't finished your assignment yet. What is something you can do to get <i>Just Right</i> to help you feel less fidgety and complete your assignment?</p>
<p>It is time to lay down and go to sleep for the night, but your mind is racing and your legs feel jumpy. What is something you can do to get your body <i>Just Right</i> for sleep?</p>	<p>You are going to your sister's piano recital tonight. You always have a hard time sitting still at her concerts. What is something you can do before the recital to help you feel <i>Just Right</i>?</p>

Thermometer Cut-Out

Instructions: Cut out the thermometer and temperature gauge. Glue onto construction paper for added durability. Cut a slit across the dotted line at the bottom of the thermometer. Feed the temperature gauge through the slit. Instruct the child to move the temperature gauge up or down to match how he/she is feeling.

