

# Sensory Diet

# What is a Sensory Diet?



- A sensory diet is a personalized set of activities designed to meet a person's sensory needs
- It helps them regulate and process sensory input effectively.

# What is the importance of a Sensory Diet?



- Sensory diets play a crucial role in managing sensory processing issues
- They can help improve attention, behavior, and overall well-being.

# What are the benefits of a Sensory Diet?



- Improved self-regulation
- Increased attention and focus
- Reduced anxiety and stress
- Improved participation in daily activities
- Satisfying sensory needs



# What are the components of a Sensory Diet?



## Input to the 8 Sensory systems:

1. Vestibular
2. Proprioceptive
3. Tactile
4. Interoception
5. Auditory
6. Visual
7. Gustatory
8. Olfactory

# Main course of a Sensory Diet



## Vestibular Input

- Activities that stimulate the inner ear and balance system.
- Examples include swinging, spinning, jumping on a trampoline, and rocking.

# Main course of a Sensory Diet



## Proprioceptive Input

- Activities that provide deep pressure and joint compression.
- Examples include heavy lifting, hanging, pushing or pulling objects, creeping and crawling.



# Main course of a Sensory Diet



## Tactile Input

- Activities that involve touch and tactile sensations.
- Examples include deep pressure, playing with different textures, finger painting, and using sensory bins with materials like sand or rice.





# How to implement a Sensory Diet in Daily Life?



- Incorporate sensory activities and strategies into daily routines
- Create a sensory-friendly environment at home, school, and other settings
- Provide sensory breaks and opportunities for sensory input throughout the day



# How to implement a Sensory Diet in Daily Life?



- Use sensory tools and equipment to support sensory needs
- Collaborate with professionals and caregivers to develop and implement a personalized sensory diet
- No input to be forced upon the child

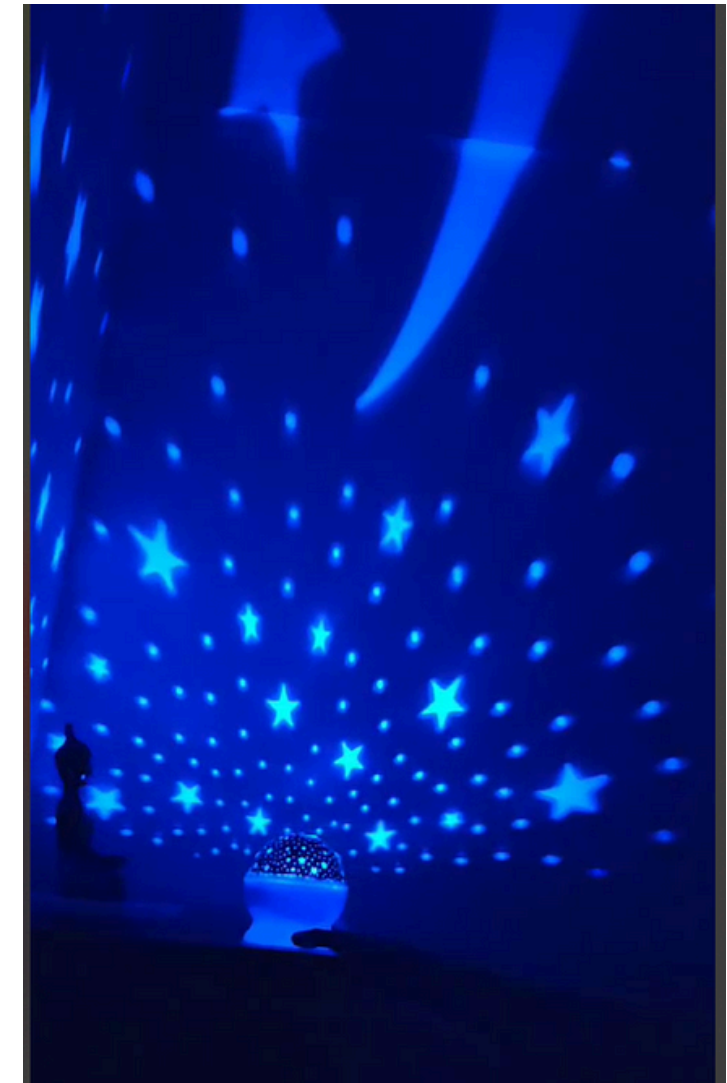




# Creating a Sensory-Friendly Environment



- **Soft Lighting**  
Use dimmable lights or add soft lamp lighting to reduce harsh glare and create a soothing ambiance.



# Creating a Sensory-Friendly Environment



- **Quiet and organised spaces**

Designate a quiet area where your child can go to relax and unwind when they feel overwhelmed.



- **Sensory Tools**

Provide sensory tools like weighted blankets, fidget toys, and noise-canceling headphones to help your child regulate their sensory input.





# Creating a Sensory-Friendly Environment



- **Using calming music**

Playing soft instrumental music in the background as per your child's interest.







- **Oral input**

Chewing on gum, blowing bubbles, sucking with a straw can help to calm, focus and concentrate.

# Creating a Sensory-Friendly Environment



Arrival at school		
1		Take off coat <small>(scarf, mittens, boots and hat)</small>
2		Open Backpack
3		Take out work
4		Take out lunch
5		Hang up coat
6		Hang up backpack

- **Visual Supports**

Use visual schedules, social stories, and visual cues to help your child understand and navigate their daily routines.

- **Natural Elements**

Incorporate natural elements like greenery with plants or walking bare feet create a soothing and grounding environment.



# Sensory Overload



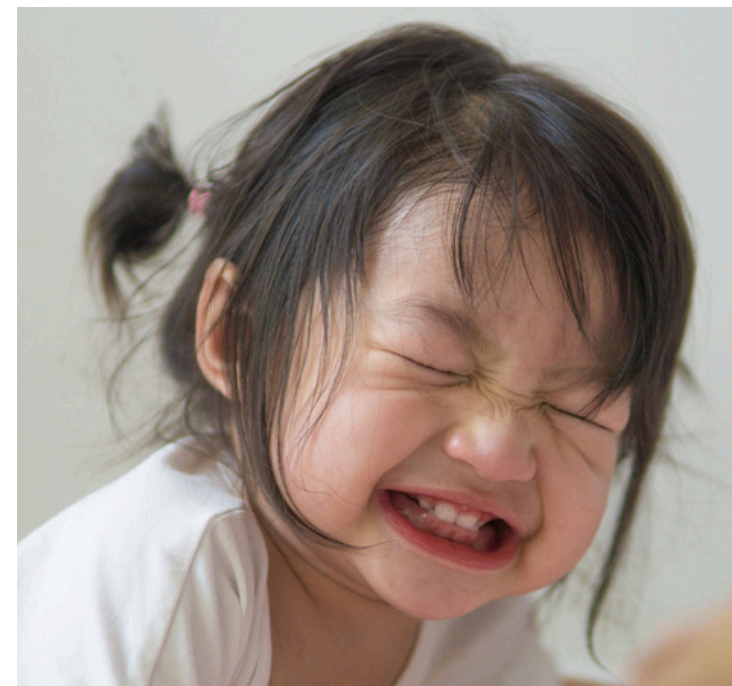
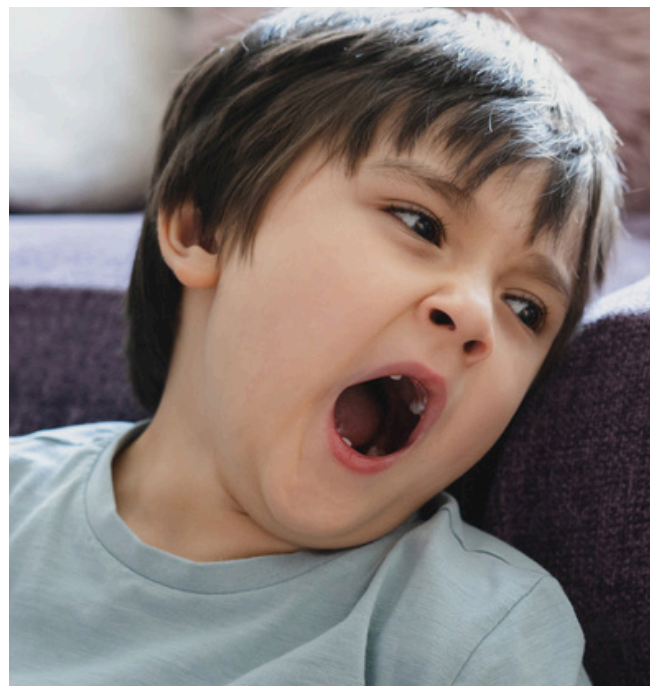
- Children with autism often experience sensory overload, which can lead to meltdowns or shutdowns.
- It's important to understand the triggers and help them manage overwhelming sensory experiences.



# Signs of Sensory Overload



- Yawning
- Feeling dizzy for a prolonged time
- Headache
- Inappropriate laughing
- Crying for no apparent reason
- Changes in skin colour
- Changes in heart rate or breathing





# How to deal with sensory overload



- Stop the activity causing over stimulation
- Do proprioceptive activities: like jumping, crawling, creeping etc.



- Work with caution, starting with smaller amounts of stimulation and gradually increasing it

# Sample daily sensory diet planner



Time of Day	Activity Type	Chosen Activity	Duration	Child's Mood Before	Child's Mood After	Notes/Observations
Morning	Proprioceptive					
Mid-morning	Vestibular					
Afternoon	Tactile					
Evening	Oral Motor					
Night Routine	Auditory					

# Sensory activity ideas



## ● Proprioceptive Activities (Heavy Work – Calming)

- Wall push-ups
- Carrying a weighted backpack (5-10% of child's body weight)
- Animal walks (bear crawl, crab walk)
- Tug of war with a towel
- Jumping on a trampoline

## ● Vestibular Activities (Movement – Alerting or Calming depending on intensity)

- Swinging (linear movement for calming, spinning for alerting)
- Rolling on a yoga ball
- Jumping jacks or skipping
- Rocking in a rocking chair
- Balancing on a balance board

# Sensory activity ideas



## ● Tactile Activities (Touch – Regulating)

- Playing with sensory bins (rice, beans, sand)
- Water play with cups and spoons
- Using playdough or slime
- Sensory brushing (under therapist guidance)
- Finger painting

## ● Oral Motor Activities (Calming or Alerting)

- Chewing crunchy foods (carrots, apples)
- Blowing bubbles or pinwheels
- Drinking thick liquids through a straw (smoothies, yogurt drinks)
- Using a chew toy or chewy tube
- Humming or blowing



# Sensory activity ideas



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# Want to know more about a Sensory diet for your child....



- Join our app Awetism Insights and learn these concepts in depth and also get to meet live to get your queries answered.
- Email to [info@awetisminsights.com](mailto:info@awetisminsights.com) for any query!!
- All the best to you!!!