Occupational Therapy

Sensory Workshop

Workbook

Childs name:

Date:

Sensory Ideas - examples

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| **Daily activity** | **Behaviour** | **Strategy** | **Success** |
| Wake up | Sluggish, grumpy | Dim lightsLow noise | Y/N |
| Breakfast | fidgety | Use move n sit cushionGood chair/ table height – feet flat on floorUsing a straw for drinkingetc |  |
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| **Daily activity** | **Behaviour** | **Strategy** | **Success** |
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Ideas to help me feel calm





Ideas to help me feel more alert



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| Oral Ideas |
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| Tactile Ideas |

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| Auditory Ideas |
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| Movement Ideas |
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| Visual Ideas |
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| Proprioception Ideas |
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| Olfactory (Sense of smell) Ideas |
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