

Key Components of a Sensory Diet in Your Classroom

In order for a child to obtain optimal benefit, the child should participate in scheduled activities **EVERYDAY** at the **SAME TIME** each day. This ensures predictability to help the child's body become modulated.



Sensory activities should be at regular intervals throughout the day. An example of a sensory diet for a child who is “always on the go, fidgety, picking at things, having difficulty keeping hands to self” is listed below:

8:00 a.m. Johnny arrives at school. When he gets to class, he sits and bounces on a therapy ball for 1 minute. Does 10 wall pushes.

8:05 -9:00 a.m. Sits at desk for class time. Uses a wiggle seat in chair for extra input.

9:00 a.m. Subject changes, Johnny is told to go to the water fountain to get a drink, when he comes back to desk, given stress ball and told to squeeze it 10 times.

9:00- 10:00 a.m. Class time, sits on wiggle seat, uses Velcro under desk to feel while listening to instruction

10:00 – 10:30 am. Participates in PE

10:30-11:00 am Class time, wiggle seat

11:00 – 12:00 recess/lunch time

12:00 – 1:00 classroom instruction/wiggle seat

1:00 – 2:00 Class walks down to music class, Johnny is given a weighted bag to carry for the trip there and back

2:00 – 3:00 Class time/wiggle seat

*****THIS IS ONLY AN EXAMPLE!** An individualized schedule and activities should be discussed with your occupational therapist.

Other activity ideas may include: manipulating putty, jumping jacks, chair push ups, wearing a weighted vest or using a lap buddy, any type of hand fidget, Wilbarger protocol, joint compressions, running laps, oral activities for oral seekers/sensitivities.

This is in no way a comprehensive list and activities should be individualized for each particular child. Some children only need general guidance to participate in the activities, while others will need step by step guidance. Some activities are easiest achieved if the whole class is involved (everyone stand up and do 10 jumping jacks) which can benefit everyone!

****If you have any questions or concerns about a particular situation please feel free to contact your school occupational therapist:**

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