

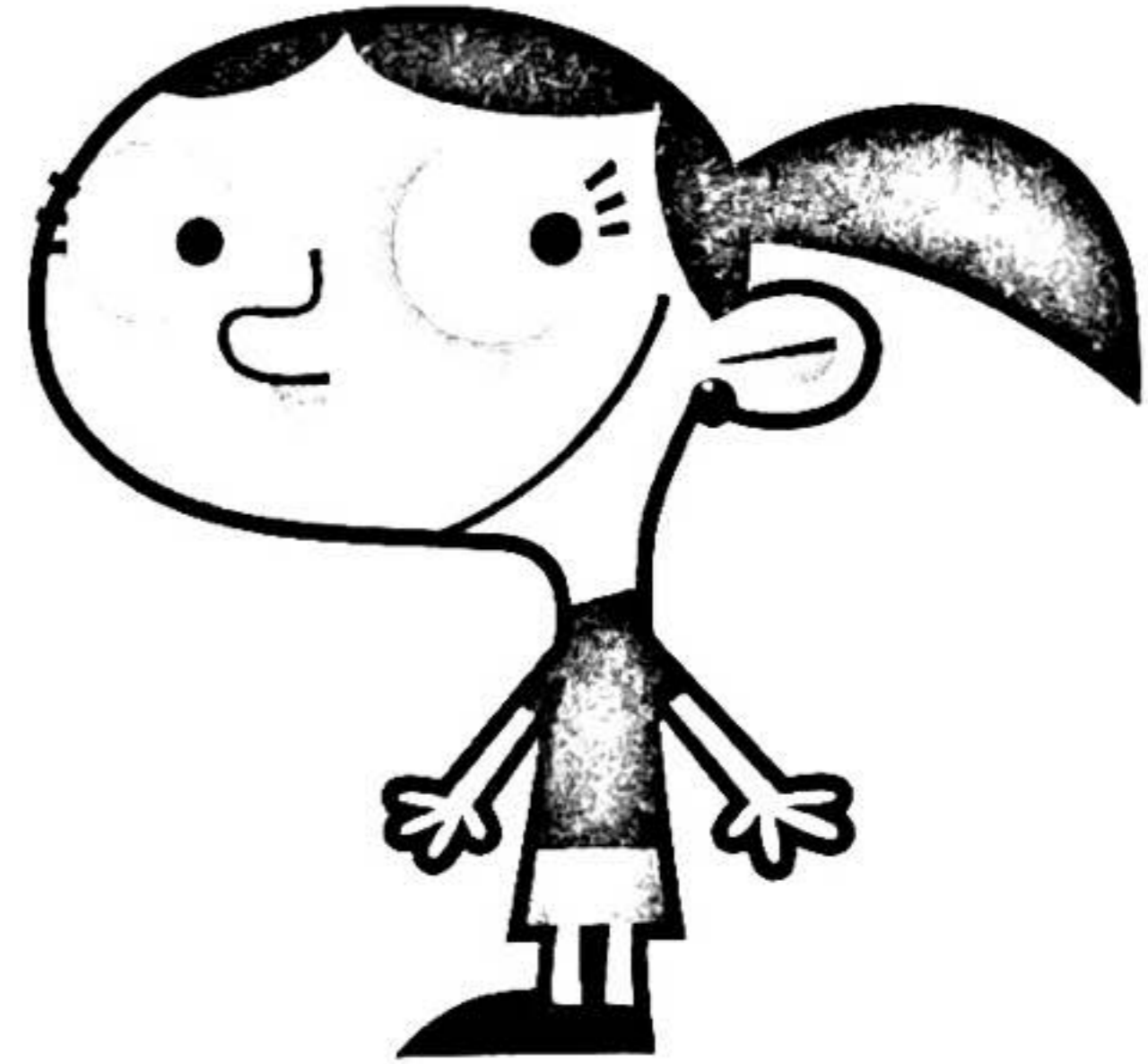
# Example Sensory Diet

**Instructions:** Have the child complete the Self-Regulation Worksheet and draw a picture of himself/herself feeling *Just Right*. Review the exercises from the Self-Regulation Worksheet (pp. 58–59) that help him/her feel *Just Right*. Paste the pictures of the exercises under the correct column. If appropriate, you can also instruct the child to write down the sensory exercises.

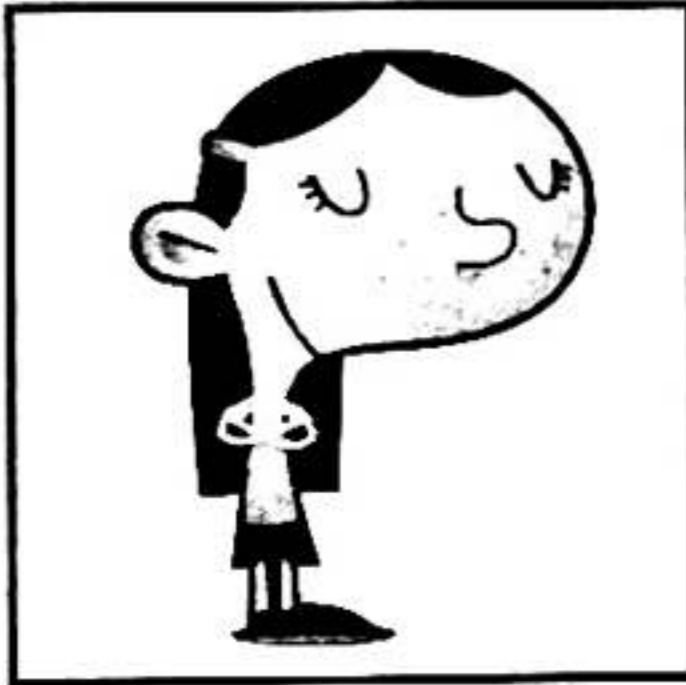
For added durability, you may want to laminate this sheet or glue it to a piece of construction paper. Attach the *Sensory Diet* to the child's desk to help improve independence with self-regulation skills.

## I feel Just Right when...

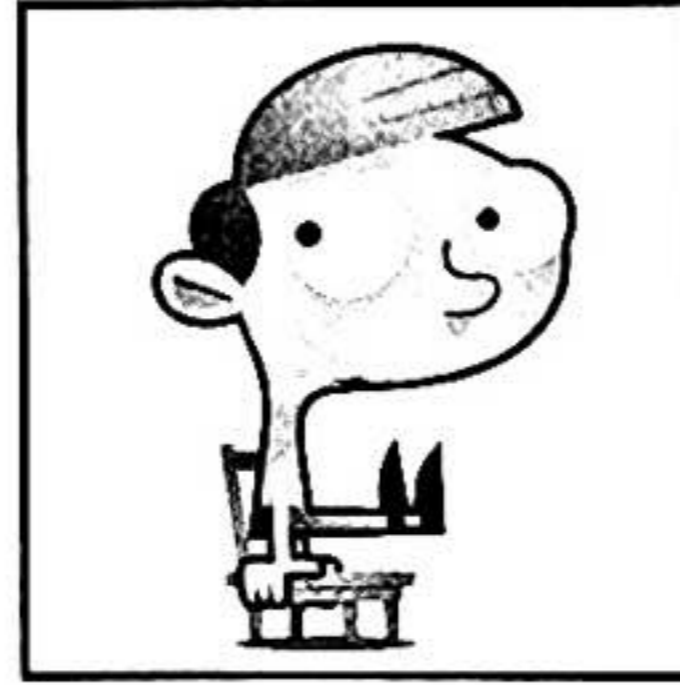
- I can listen and pay attention.
- I can stay in my seat.



### When I am feeling Too Much I need to...



- Give myself a hug.

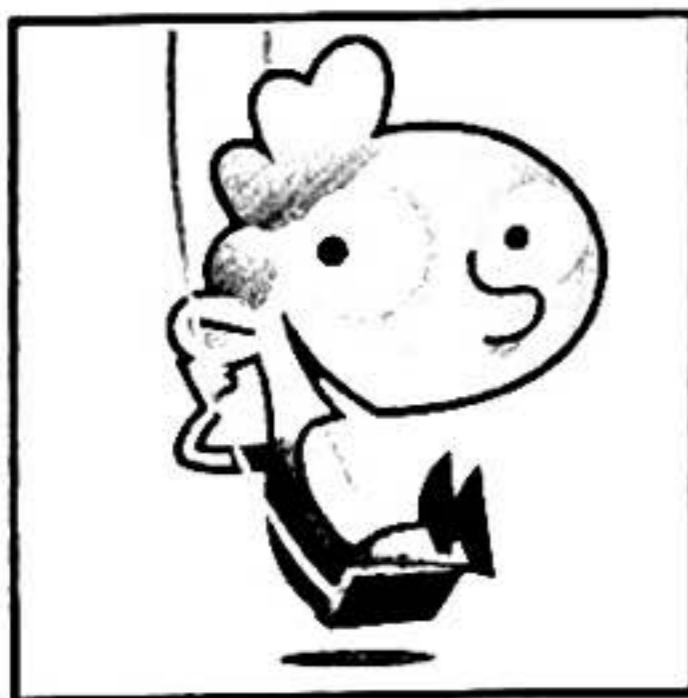


- Do five chair push-ups.

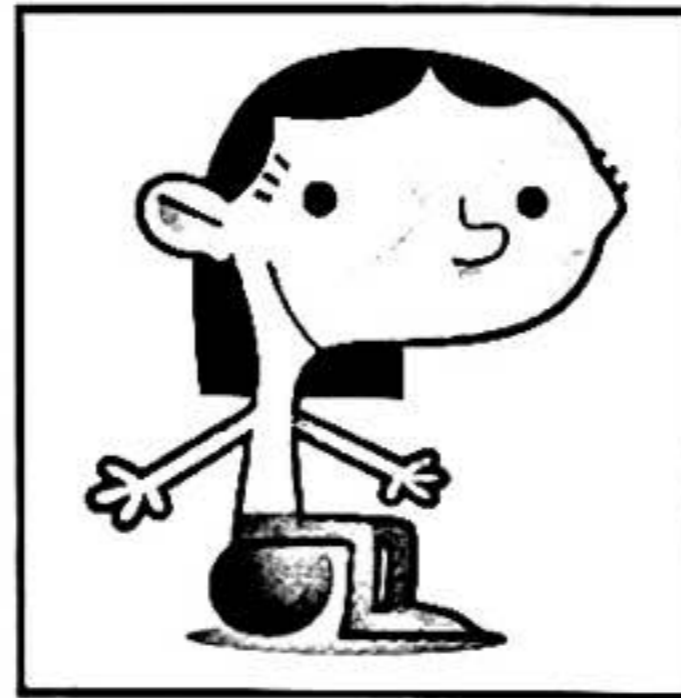


- Eat something chewy.

### When I am feeling Too Little I need to...



- Swing on the playground at recess.



- Sit on a ball chair.



- Quietly play with the putty in my desk