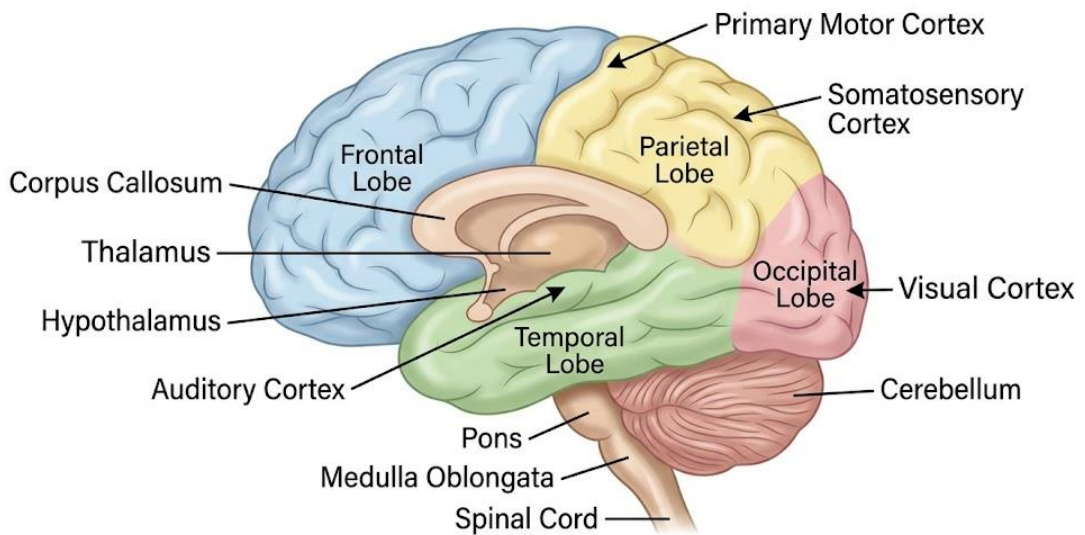


# Sensory Diet Activity Cards

## 1. What is Sensory Processing?

- Sensory processing refers to how the brain interprets and responds to sensory input such as **touch, movement, body awareness, sound, and sight**.
- Children with sensory challenges may:
  - Seek too much movement (hyperactive)
  - Avoid touch or sound
  - Struggle to sit still or focus
  - Show emotional outbursts

## THE HUMAN BRAIN: KEY PARTS & SENSORY AREAS



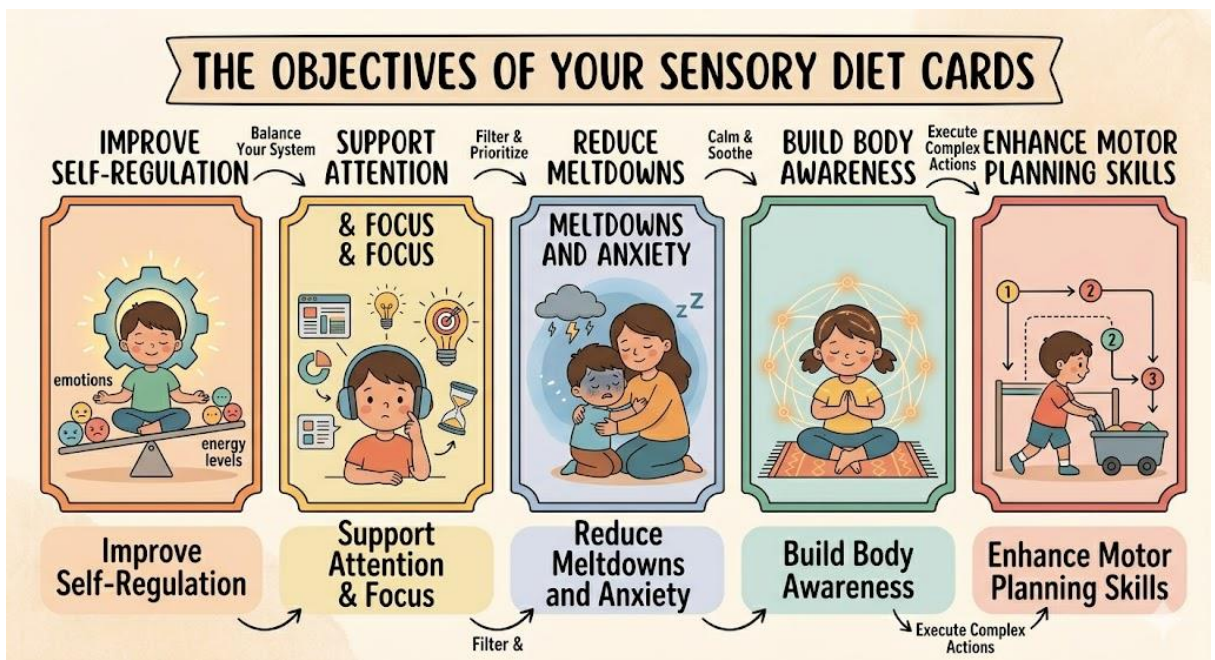
## 2. What is a Sensory Diet?

- A **sensory diet** is a planned set of activities that provide the right type of sensory input throughout the day to help a child stay:
  - Calm
  - Focused
  - Organized
  - Ready to learn



### 3. Objectives of These Cards

- Improve self-regulation
- Support attention & focus
- Reduce meltdowns and anxiety
- Build body awareness
- Enhance motor planning skills



#### 4. Who Can Use This?

- Children (Ages 3–12)
- ADHD, Autism, Sensory Processing Disorder (SPD)
- Special educators & therapists
- Parents for home therapy

#### 5. Sensory Systems Covered

- **1. Proprioceptive (Body Awareness)**
- Input from muscles & joints (deep pressure, pushing, pulling)
- **2. Vestibular (Movement & Balance)**
- Input from inner ear (swinging, spinning, jumping)
- **3. Tactile (Touch)**
- Input from skin (textures, temperature, pressure)

#### 6. Structure of Each Card (Self-Created Design)

- Each card includes:
- **Simple Illustration (child-friendly cartoon style)**
- Activity Name
- Sensory Type Icon (Duration 2–10 minutes)
- Instructions (1–2 lines)
- Benefit (calming / alerting)
- Example Card (Text Version)
- **Bear Walk**

**Walk like a bear on hands and feet**  
**Helps with body strength & calming**

#### 7. List of 30 Sensory Diet Activity Cards

- **Proprioceptive Activities (10)**
- Wall Push-Ups
- Bear Walk
- Crab Walk
- Carry Heavy Books
- Pillow Squeezes
- Chair Push
- Tug of War
- Jumping Jacks
- Animal Walk Race
- Resistance Band Pull
  
- **Vestibular Activities (10)**
- Swinging
- Spinning (slow)

- Jumping on Spot
- Hopscotch
- Balance on One Foot
- Walk on a Line
- Mini Trampoline
- Dance & Freeze
- Rolling on Mat
- Scooter Board Ride

- **Tactile Activities (10)**

- Sand Play
- Water Play
- Play dough Squeeze
- Rice Bin Dig
- Finger Painting
- Bubble Popping
- Shaving Foam Play
- Texture Walk (barefoot)
- Cloth Sorting Game
- Ice Cube Rub

## 8. How to Use the Cards

- **Step-by-Step Routine**

- **Pick 3–5 cards per session**
- Mix sensory types
- Follow card instructions
- Keep session **10–20 minutes**
- Observe child response

## 9. Sample Daily Sensory Diet Plan

- **Morning (Before School)**

- Wall Push-Ups
- Jumping
- Play dough

- **After School**

- Bear Walk
- Swing
- Sand Play

- **Evening (Calm Down)**

- Pillow Squeeze
- Slow Rolling
- Soft Texture Touch

## 10. Fun Ways to Use Cards

- Pick a random card game

- Reward system (stars/stickers)
- Role play (animal walks)
- Family participation

### 11. Safety Guidelines

- Always supervise child
- Avoid fast spinning (can cause dizziness)
- Stop if child feels uncomfortable
- Adjust activity intensity as needed

### 12. Common Mistakes

- ~~X~~Overloading too many activities
- ~~X~~Ignoring child preference
- ~~X~~Forcing disliked activities
- ~~X~~No consistency

### 13. Progress Tracking Sheet

Date	Activity	Type	Response	Notes
		👉/👉/👉	👉👉👉	

### 14. Printing Instructions

- Use A4 thick paper (200–300 GSM)
- Print 4–6 cards per page
- Laminate for durability
- Cut into flashcard size
- Store by category (colour code helps)

### 15. DIY Visual Design Idea (When You Create Images)

- You can design cards like:
  - Blue = Proprioceptive
  - Green = Vestibular
  - Yellow = Tactile
- Each card
- Big cartoon child doing activity
- Minimal text
- Bold icons

### 16. Expert Tip

- If a child is:
  - Hyperactive → Use calming ( Proprioceptive)
  - Low energy → Use alerting (Vestibular)
  - Sensitive → Start with gentle tactile input

