

**SENSORY DIET TEMPLATE - EXAMPLE
PATIENT:**

Time	Key events in day	Sensory Diet Activities	Transition Strategy
	Wake up	Wake up routine w/ pressure input “pressure sandwich”, or joint traction while singing	
	Breakfast	oral pressure protocol; Oral Supports/heavy work	Review Picture Schedule of day
	Play time-gross motor time	Heavy work and play (climbing, pillow play)-heavy work “chores” such as carrying items, cleaning tables (scrubbing work!), etc.	Use Picture Sched
	Table top or play room time	Wear weighted vest	
	Play time	Sensory social routine with pressure/traction/compression input	Use Picture Sched
	Lunch	oral pressure protocol before lunch with oral supports/heavy work	
		Pressure play (with rhythm and music/singing if wish) and use of weighted blanket if he accepts	Transition song in car to school; weighted vest over lap in car
	Arrive at school	Sensory social greeting routine with pressure input	Use Picture Sched
	Center time at school	Wear weighted vest	
	Play time-gross motor time	Heavy work and play (climbing, pillow play)-heavy work “chores” such as carrying items, cleaning tables (scrubbing work!), etc.	
	Transition to home		Shoveling/heavy work activity, then into house; Use Picture Sched
	Play time	Heavy work with play (climbing, pillow play)	
	Transition to quiet play time	Squeeze and hug time w/mom or dad; wear weighted vest during play time	
	Dinner	oral pressure protocol before dinner with oral supports/heavy work	Use Picture Sched
	Family Time	Play Wrestle/pressure play time	
	Bedtime	Bedtime routine; pressure rhythm and weighted blanket	Use social story