

An example of a structured sensory diet

Session	Type	Monday	Tuesday	Wednesday	Thursday	Friday	Comment/ questions for OT
1	Alerting (Vestibular) – keep it short	Spin on office chair 10 seconds (both ways)	Bounce on gym ball	Trampoline in playground	Tickles and songs	*Child* is too excited so skipped this.	Enjoyed stop and start on office chair- but then he got very giddy
	Calming (Proprioceptive)	Deep pressure squeezes to head, shoulders, hands	Wall push ups	Row-Row your boat	Theraband activities	Deep pressure squeezes	He could not do the wall push up?
	Calming (Proprioceptive)	Crawling	Animal walks	Deep pressure squeezes to face	Body sock	Body squish with mat	
2	Alerting (Vestibular) – keep it short	Jump up and down on gym ball	*Child* is too excited so skipped this.	Spin both ways on office chair	Bounce on gym ball	Tickles and songs	Really liked insey winsey spider
	Calming (Proprioceptive)	Crawling	Deep pressure squeezes to head, shoulders, hands	Roll gym ball over *Child*'s body	Row row your boat song	Wheelbarrow walk	Found crawling difficult to imitate and perform
	Calming (Proprioceptive)	Wheelbarrow walks	Theraband activities	Deep pressure squeezes to head,	Carry a heavy box to his desk	Chair push ups	

				shoulders, hands			
3	Alerting (Vestibular) – keep it short	Tickles and songs	Swings in playground	Running in playground	Swings in playground	*Child* is too excited so skipped this.	
	Calming (Proprioceptive)	Row row your boat song	Theraband activities	Carry heavy tray	Deep pressure squeezes	Wall push ups	
	Calming (Proprioceptive)	Wheelbarrow walks	Deep pressure squeezes	Deep pressure squeezes	Wheelbarrow walks	Deep pressure squeezes	
4	Alerting (Vestibular) – keep it short	Swings in playground	*Child* is too excited so skipped this.	Tickles	Spin both ways on office chair	Swings in playground	
	Calming (Proprioceptive)	Climbing frame in playground	Carry heavy tray	Row row your boat song	Roll gym ball over *Child*'s body	Chair push ups	
	Calming (Proprioceptive)	Deep pressure squeezes	Wheelbarrow walks	Theraband activities	Deep pressure squeezes	Deep pressure squeezes	