

Sense	Seeks	Avoids	Strategies
Touch 	Hand massage		Hand massage machine
		People touching me in crowds	Avoid busy areas
	Hugs and deep pressure		Weighted lap pad for when at work
Auditory 	Buzzing noises		Use vibrating on mobile phone
		Door bell ringing	Use vibrating door bell instead of ringing one
		Babies crying	Take ear buds to be able to use if baby starts crying on bus
Visual 	Bright colours		Decorate bedroom with colourful wall hangings
	Bright lights		Use of colour changing light bulb
	Patterns		Use of patterned wall hangings
Taste 		Spicy foods	Keep to mild foods
		Garlic flavours	Cook without garlic
		Too much flavour	Use separator plate to stop foods touching
Smell 	Lavender		Use dried lavender in a bag to sniff
	Rose		Use diffuser at home with rose scent
	Perfumes		Use fabric softener
Interoception (Understanding Needs) 		Don't drink enough	Use an alarm and measuring water bottle
		Forget to eat	Set timers or have someone prompt
	Get too hot		Wear thin layers out so they can be removed
Proprioception (Body Sense) 	Bouncing		Use large bouncy medicine ball
	Spinning		Roundabouts or fair ground rides
	Jumping		Bouncy castle or trampoline

My sensory strategies for a good sensory diet are:

Hand massage machine, avoiding busy areas, weighted lap pad, vibration setting on mobile phone and door bell, earbuds, patterned and colourful wall hangings, lightbulb with different colours, mild foods and separation plate, diffuser, dried lavender and fabric softener, alarms and measuring water bottle, thin layers, bouncy ball, fair rides and roundabouts, trampoline or bouncy castle.

