

| Sense  | Seeks | Avoids | Strategies |
|--|-------|--------|------------|
| Touch<br>                                   |       |        |            |
|  |       |        |            |
|  |       |        |            |
| Auditory<br>                                 |       |        |            |
|  |       |        |            |
|  |       |        |            |
| Visual<br>                                   |       |        |            |
|  |       |        |            |
|  |       |        |            |
| Taste<br>                                   |       |        |            |
|  |       |        |            |
|  |       |        |            |
| Smell<br>                                  |       |        |            |
|  |       |        |            |
|  |       |        |            |
| Interoception<br>(Understanding Needs)<br> |       |        |            |
|  |       |        |            |
|  |       |        |            |
| Proprioception (Body Sense)<br>           |       |        |            |
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|  |       |        |            |

My sensory strategies for a good sensory diet are:

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