



# Sensory Diet Cards

#CRD-34



| Prompt:                    | Date: | / / | / / | / / | / / | / / | / / | / / | / / | / / | / / | / / | / / |
|----------------------------|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1. Girl Too Much           |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 2. Girl Too Little         |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 3. Girl Just Right         |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 4. Boy Too Much            |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 5. Boy Too Little          |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 6. Boy Just Right          |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 7. Hot Thermometer         |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 8. Cold Thermometer        |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 9. Just Right Thermometer  |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 10. Fast Speedometer       |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 11. Slow Speedometer       |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 12. Just Right Speedometer |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 13. Weighted Vest          |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 14. Joint Compression      |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 15. Monkey Bars            |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 16. Burrito                |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 17. Pillow Crash           |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 18. Funny Face             |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 19. Wall Push-Ups          |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 20. Chair Push-Ups         |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 21. Wheelbarrow Walk       |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 22. Carry Something Heavy  |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 23. Push Something Heavy   |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 24. Pull Something Heavy   |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 25. Rocking Chair          |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 26. Ball Chair             |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 27. T-Stool                |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 28. Blanket Swing          |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 29. Scooter Board          |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 30. Rocking Egg            |       |     |     |     |     |     |     |     |     |     |     |     |     |
| Totals:                    | /     | /   | /   | /   | /   | /   | /   | /   | /   | /   | /   | /   | /   |

Teaching Cards

Movement & Resistance (Proprioception)

Mov. & Balance (Vestibular)

**Symbol Key:**  
 = correct response      = incorrect response  
 = \_\_\_\_\_              = \_\_\_\_\_

Notes: \_\_\_\_\_





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|-------------------------|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 31. Barrel Crawl        |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 32. Ball Rock           |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 33. Upside Down Ball    |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 34. Headstand           |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 35. Somersault          |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 36. Trampoline          |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 37. Glider Swing        |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 38. Playground Swing    |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 39. Roll                |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 40. Net Swing Spin      |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 41. Hand Fidgets        |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 42. Textures            |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 43. Give Yourself a Hug |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 44. Dough               |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 45. Ball Bath           |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 46. Steam Roller        |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 47. Quiet Space         |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 48. Headphones          |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 49. Calming Music       |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 50. Alerting Music      |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 51. Turn Off Lights     |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 52. Task Light          |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 53. Highlighter Strip   |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 54. Calming Scents      |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 55. Alerting Scents     |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 56. Gum                 |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 57. Water Bottle        |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 58. Straw Games         |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 59. Mouth Fidgets       |       |     |     |     |     |     |     |     |     |     |     |     |     |
| 60. Foods               |       |     |     |     |     |     |     |     |     |     |     |     |     |
| <b>Totals:</b>          |       | /   | /   | /   | /   | /   | /   | /   | /   | /   | /   | /   | /   |

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**Notes:** \_\_\_\_\_





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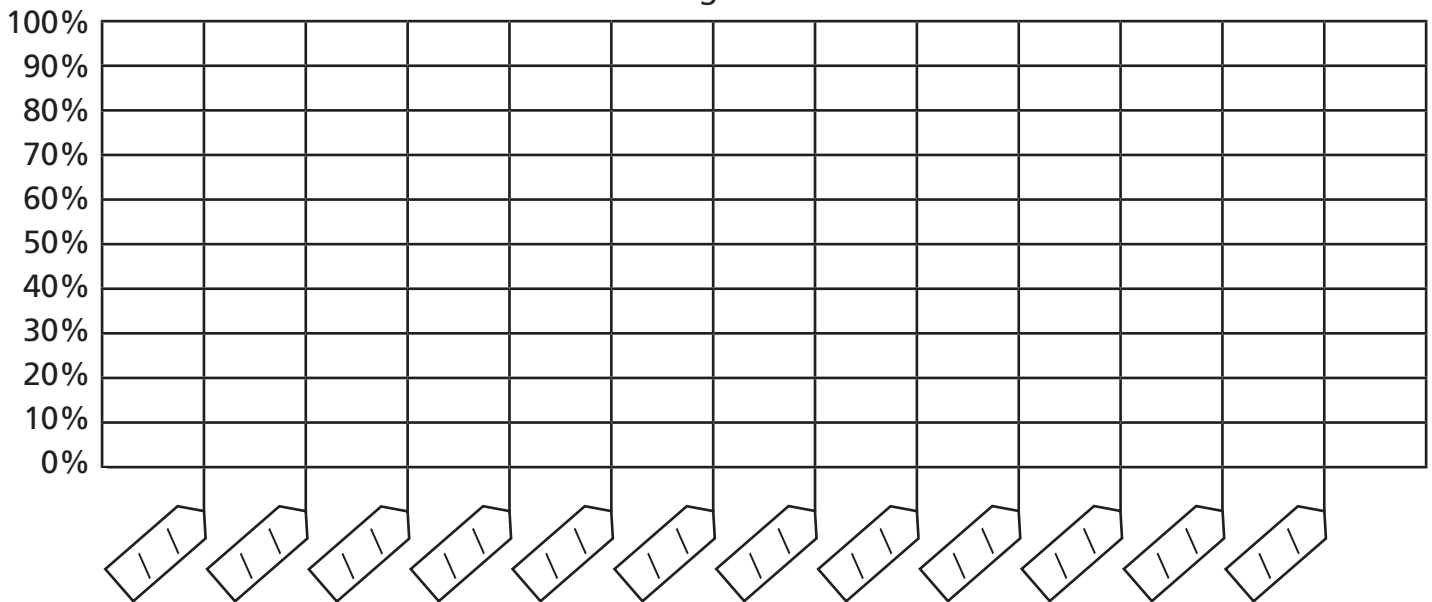
Student: \_\_\_\_\_

D.O.B.: \_\_\_\_\_

I.E.P. Due: \_\_\_\_\_

Goal: \_\_\_\_\_

## Progress:



Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Recommendations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_