



Sensory Diet for Haircuts

If your child struggles with tolerating haircuts, completing a sensory diet beforehand can help!

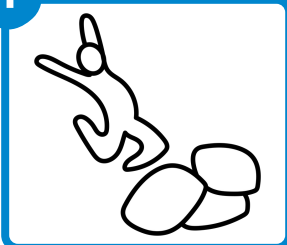
This is a general sensory diet and may not fit your child's needs. Fit the sensory diet activities to fit your child's individualized sensory needs.

PODCAST FREEBIE

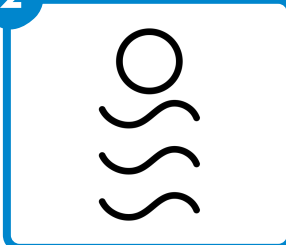

Episode #169

Have your kiddo check off the 'Done!' box when each activity is completed!

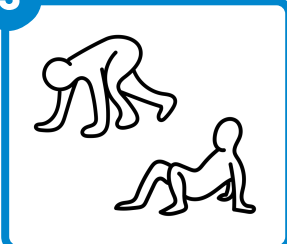

TO DO → DONE!

1  

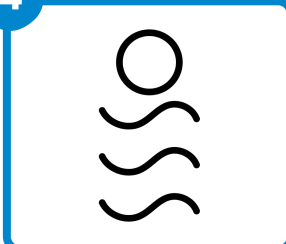

TO DO → DONE!

2  

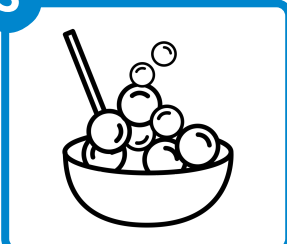

TO DO → DONE!

3  

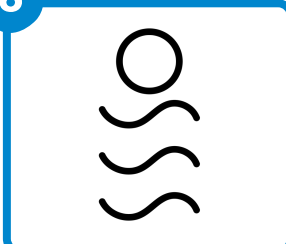

TO DO → DONE!

4  

TO DO → DONE!

5  

TO DO → DONE!

6  



Sensory Diet for Haircuts

Use this sensory diet template for kiddos working on reading, who don't need the visuals.

Have your kiddo check off the 'Done!' box when each activity is completed!

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Episode #169

TO DO → DONE!

1

Jump and crash (onto crash pad or cushions)
5 - 10 times.

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TO DO → DONE!

2

Use vibration to massage arms, legs, and back. Even try it on your head!

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TO DO → DONE!

3

Complete a bear or crab walk for at least 30 seconds.

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TO DO → DONE!

4

Use vibration to massage arms, legs, and back. Even try it on your head!

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TO DO → DONE!

5

Complete bubble mountain for 5-10 minutes.

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TO DO → DONE!

6

Use vibration to massage arms, legs, and back. Even try it on your head!

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Sensory Diet for Haircuts

PODCAST FREEBIE

Episode #169

Use this sensory diet template for kiddos working on copying, drawing, or writing their own sensory diet. Perfect for older siblings looking to help out!

Have your kiddo check off the 'Done!' box when each activity is completed!

TO DO → DONE!

1

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TO DO → DONE!

2

--	--

TO DO → DONE!

3

--	--

TO DO → DONE!

4

--	--

TO DO → DONE!

5

--	--

TO DO → DONE!

6

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