

# SENSORY DIET STRATEGY

## Sensory Diets for Travel

Sensory diets during travel are critical! They help regulate arousal level & emotions, helping to create a fun travel experience.

**Use this guide to better understand how to structure a sensory diet for before, during & after travel days.**

### Types of Input:

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#### 1 VESTIBULAR INPUT IS ALERTING

If a child seeks movement, provide 3-5 minutes of preferred movement based activities.

#### 2 PROPRIOCEPTIVE INPUT IS CALMING

Complete a heavy work activity after a movement based activity to decrease over-stimulation & promote a calm arousal state.

#### 3 ORAL MOTOR INPUT IS CALMING

Provide a variety of types of oral motor input to promote a calm arousal state.

#### 4 AUDITORY & VISUAL INPUT CAN BE CALMING

However, we encourage limited screen time. Instead, provide a variety of "natural" types of auditory and visual input.

#### 5 TACTILE INPUT CAN BE CALMING

Fidgets are a fantastic way to provide an activity while also promoting a calm arousal state.

#### 6 OLFACTORY INPUT CAN BE ALERTING OR CALMING

Calm scents such as lavender can be an effective tool to promote a calm arousal state.

## Before Travel:



- 3-5 minutes of vestibular input.
- 5-10 minutes of proprioceptive input.
- Incorporate oral motor into the proprioceptive activity.
- Can complete a tactile - sensory bin - for 5-10 minutes as a calming activity.

## During Travel:



- Provide proprioceptive input as needed (weighted items, vibration, joint compressions, etc.).
- Provide oral motor input as needed (drinking through a straw, hard candy, chewing gum etc.).
- Provide variety of visual & auditory activities (limit screen time).
- Provide olfactory input as needed.
- Provide tactile fidgets as needed.
- Provide combination vestibular-proprioceptive activities during stops (i.e. animal walks at the rest stop, freeze tag, etc).
- If on an airplane, allow child to complete animal walks up / down the aisles every hour as needed.

## After Travel:



- 5-10 minutes of vestibular input as needed.
- 5-10 minutes of proprioceptive input.

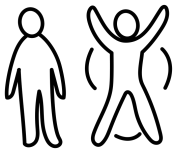
# Travel Sensory Diet Activity List:

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- Use a social story to prepare for a trip. Include expected events, places, & emotions.
- If possible, do a practice run - this is great for airports.
- Use YouTube as a way to visually prepare for different environments & expectations.
- Use a check-off calendar to provide a visual reminder of when the trip is occurring.
- Use a written / picture list of necessary items for child to pack.
- Allow child to plan some of the activities that will happen on the trip.
- Remain calm & practice EMPATHY. Traveling is hard & can cause big emotions.
- A pop-up tent is a great option to provide a "calm down" space in new environments.
- Pack a long a dry erase board or boogie board for easy creation of a sensory diet.

# Tips, Tricks & Strategies

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## VESTIBULAR: INCREASE AROUSAL LEVEL

- Rolling / Bouncing on a Therapy Ball
- Spinning
- Rocking Chairs
- Jumping Rope
- Jumping / Jumping Jacks
- Rocking Chairs
- Log Rolling
- Pass ball over heads & through legs
- Windmills
- Wall Walk-Up
- Cartwheels
- Hang / Lay Upside Down



## PROPRIOCEPTION: REGULATE AROUSAL LEVEL

- Shoulder Press Downs
- Steamroller
- Cross Crawls
- Joint Compressions
- Jumping Up & Down
- Yoga Moves
- Crawling on the Floor
- Push / Pull / Carry Heavy Items
- Animal Walks
- Vibration
- Ball Walk-Outs
- Weighted Blanket / Vest / Lap Pad
- Chair Push-Ups

# Tips, Tricks & Strategies

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## ORAL

- Straw Drinking
- Chewy Foods
- Crunchy Foods
- Gum
- Blow Bubbles
- Blow Whistles / Practice Whistling
- Lip Smacks / Tongue Clicks
- Blow Up a Balloon
- Cotton Ball / Pom Pom Blow (With or Without a Straw)
- Sour Spray / Candy (Be Aware of Allergies)
- Chew / Mouth Tools / Pencil Toppers



## AUDITORY

- Metronome (Phone App / Youtube)
- The Listening Program
- Classical or Preferred Music
- Motion Music:
  - 'Head, shoulders, knees & toes'
  - 'We're going on a bear hunt'
  - 'Wheels on the bus'
- Over the Ear Headphones
- Noise Cancelling Headphones
- Rain Sticks
- Microphone System
- Wall Walk-Up
- Hang / Lay Upside Down

# Tips, Tricks & Strategies

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## VISUAL

- Infinity Loop
- Mazes
- Matching Games
- Bubble Popping
- Relaxing Visual Input:
  - Gel Timers
  - Sand Timers
  - Calm Down Bottle
- Straw Blowing Games
- Balloon Volleyball
- Jacob's Ladder



## TACTILE

- Sensory Bin
- Massage
- Vibration
- Wiggle Seat
- Velcro Strips
- Dollar Store Fidgets
- Slime / Play-Doh
- Shaving Cream
- Chalk
- Stress Ball
- Silicone Sponge

# Tips, Tricks & Strategies

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## GUSTATORY / OLFACTORY

- Sour Spray / Candy
- Strong Flavored Snacks
- Z-Vibe
- Chewing Gum
- Water Beads with Essential Oils
  - Gel Timers
  - Sandtimers
  - Calm Down Bottle
- Essential Oils:
  - Calming: Vanilla / Lavender
  - Alerting: Peppermint / Citrus
- Oil-Diffuser (Small Travel Size)
- Scented - Scrunchies / Bracelets / Necklaces

# \_\_\_\_\_ 'S TRAVEL SENSORY DIET

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## Before We Leave:

Vestibular, Auditory, Oral, Proprioception

**TO DO**



**DONE!**



# \_\_\_\_\_ 'S TRAVEL SENSORY DIET

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## While We Are Traveling:

Proprioceptive, Oral, Auditory, Tactile

**TO DO**



**DONE!**

# \_\_\_\_\_ 'S TRAVEL SENSORY DIET

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## Done Traveling:

Vestibular / Proprioceptive, Oral

**TO DO**



**DONE!**

# \_\_\_\_\_ 'S TRAVEL SENSORY DIET

**TO DO**

**DONE!**

