



# Sensory Diet Cards

#CRD-33



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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Prompt:		Date:	/	/	/	/	/	/	/	/	/	/	/	/
Movement & Balance (Vestibular)	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													
Tactile	41. Hand Fidgets													
	42. Textures													
	43. Give Yourself a Hug													
	44. Dough													
	45. Ball Bath													
Other Sensory Systems	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													
Oral-Motor	56. Gum													
	57. Water Bottle													
	58. Straw Games													
	59. Mouth Fidgets													
	60. Foods													
Totals:		/	/	/	/	/	/	/	/	/	/	/	/	/

**Symbol Key:**

= correct response

= incorrect response

= \_\_\_\_\_

= \_\_\_\_\_

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





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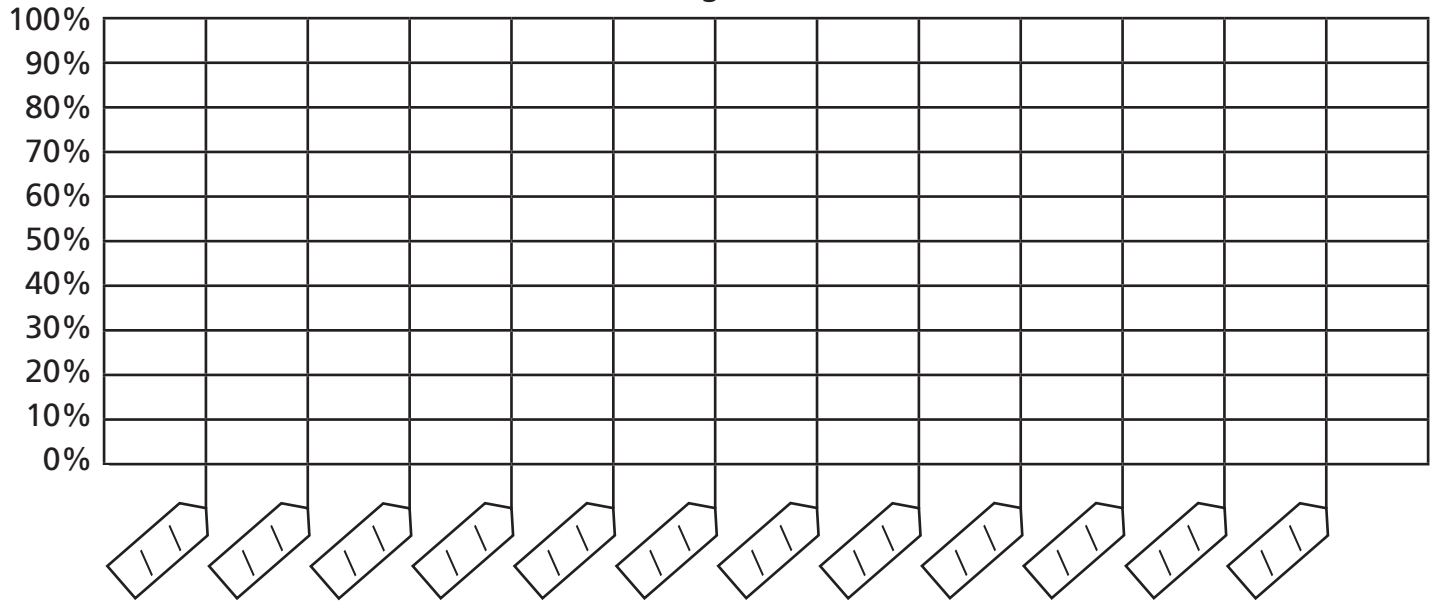
Student: \_\_\_\_\_

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

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

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

### Progress:



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

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

