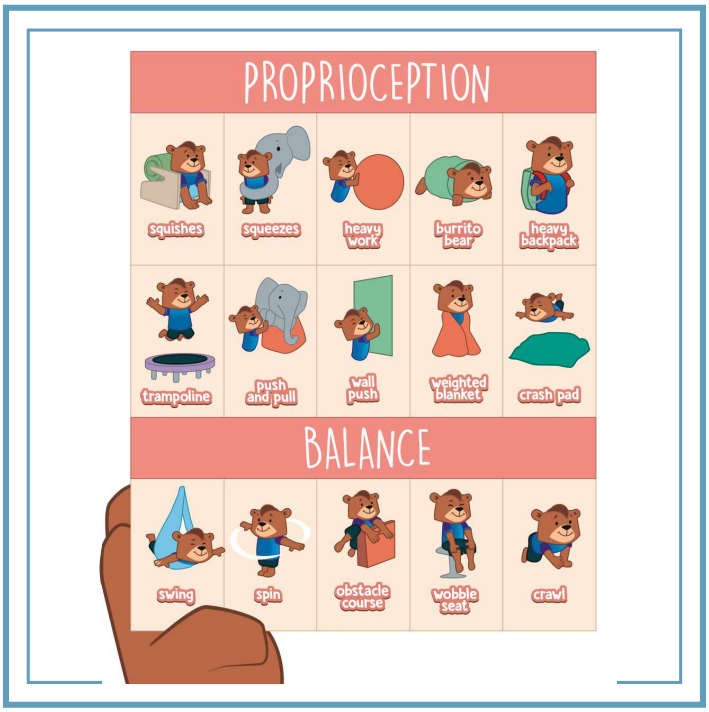
SENSORY solutions™

my SENSATIONAL plan

with Riley the Brave



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tips for use

ASCA standards:
- M 1
- B-LS 1
- B-SMS 7

This activity is designed for collaborative use with students needing Tier 2 or Tier 3 supports and their parent/guardian(s). Consider incorporating into an IEP, 504, or other meeting to support student success.

Proprioceptive, tactile (touch), and oral inputs tend to be very regulating. Encourage kids to include some of those.

The sense of balance is intimately linked to our sense of safety and danger. Some kids may find these activities too dysregulating.

Remind students to be flexible with their Sensational Plan. They may need different things at different times.

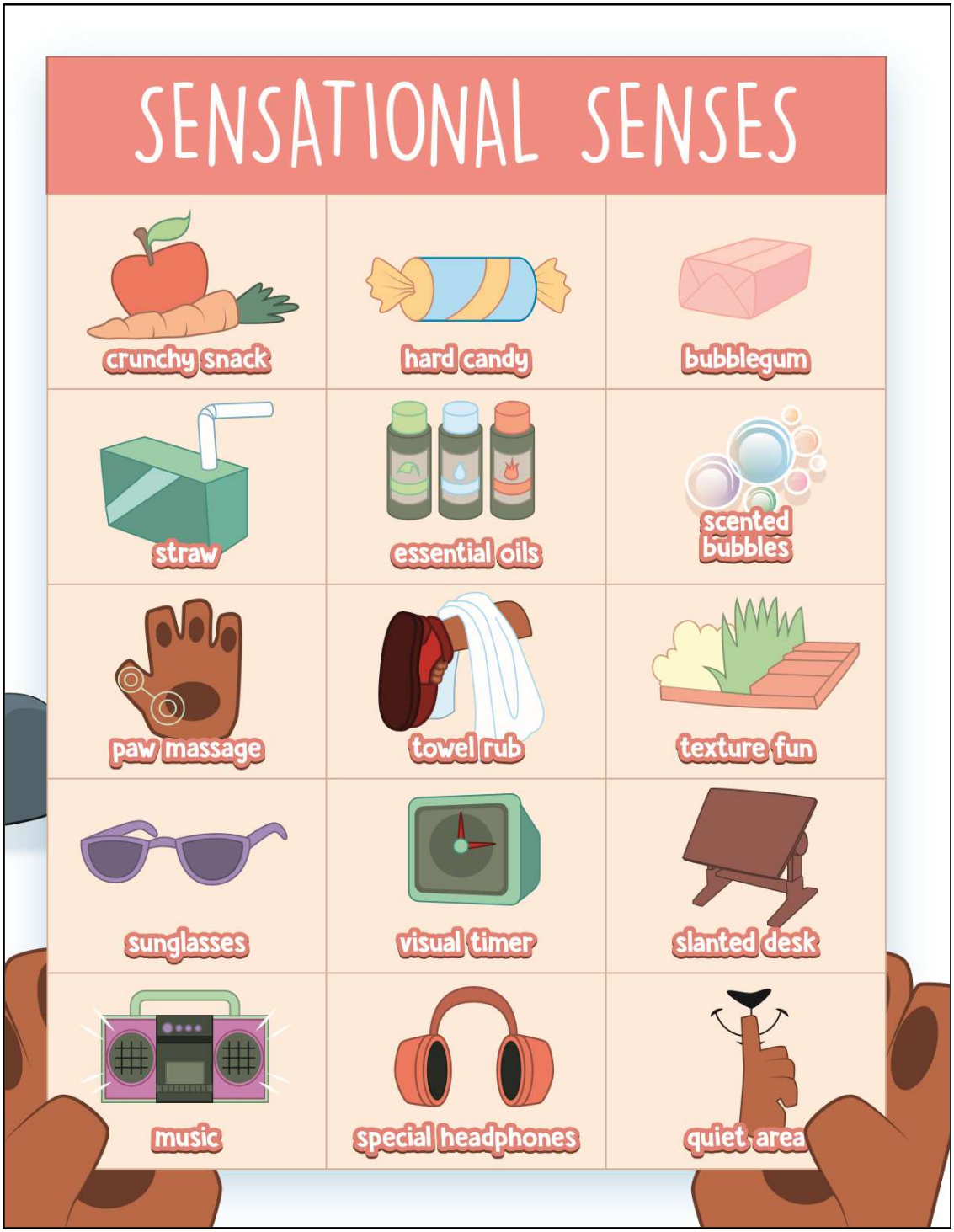
Never force any sensory activity! Every brain and body is unique. What works for one may not be the right mix for another.

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My Sensational Plan

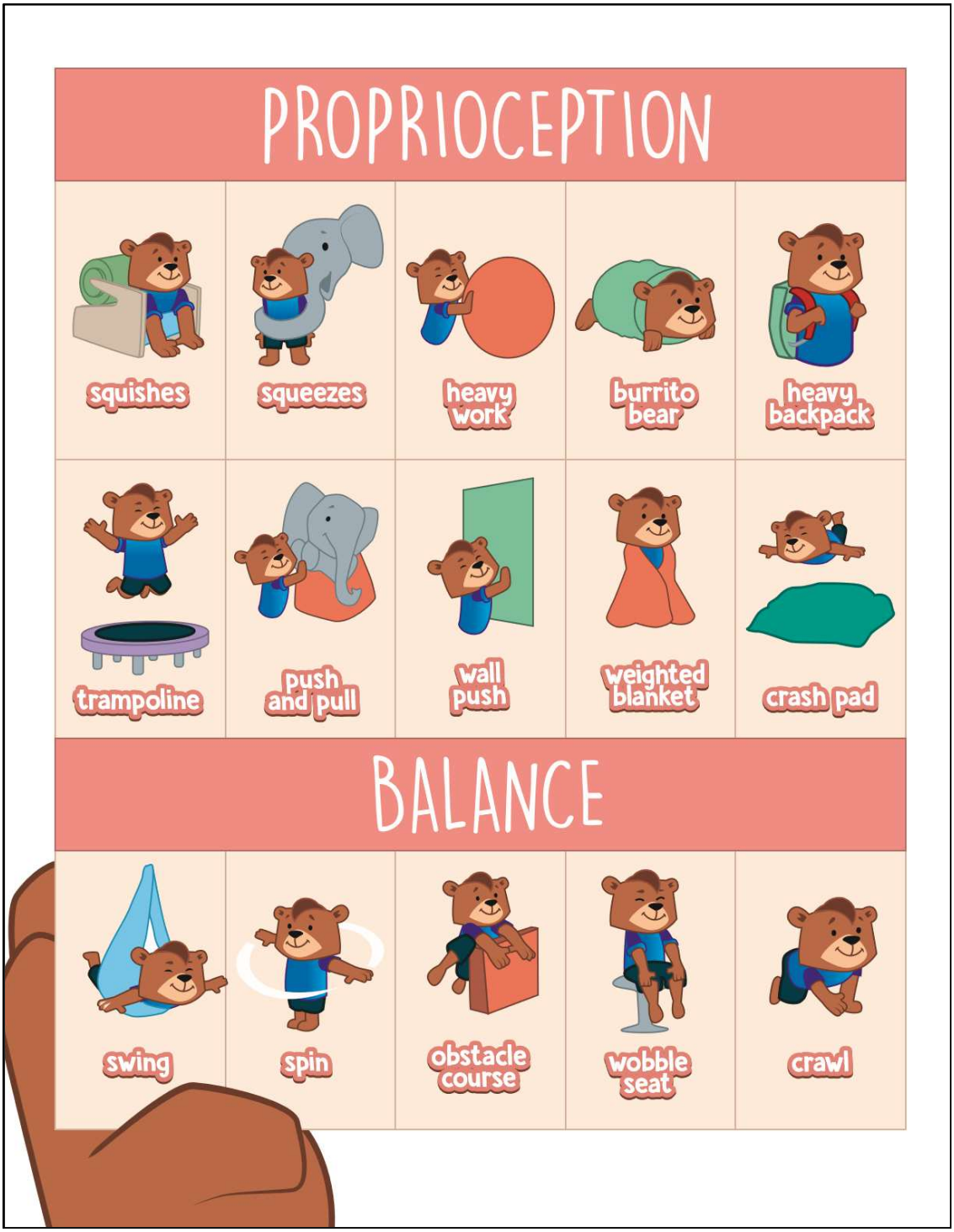
Circle a few of the sensory options below that sound fun to try.
See how it goes! Afterward, pay attention to how you feel.
Did your choice help?



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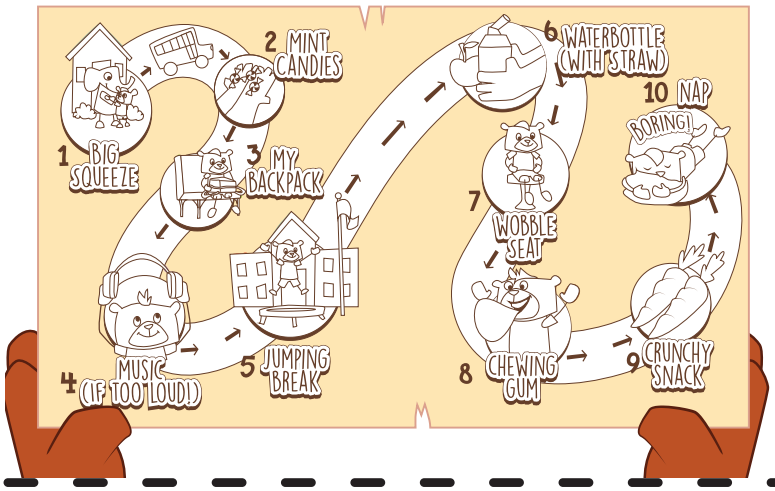
My Sensational Plan

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My Sensational Plan



Riley worked hard on his “Sensational Plan for Feeling Safe and in Control.”

Use the space below to start working on your very own sensational plan!

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