SENSORY solutions™

my SENSORY cup



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tips for use

ASCA standards:
- M 2
- B-SMS 1
- B-SS 4

Use this activity to help students understand their sensory needs and develop empathy for classmates.

Encourage students to think about what works best for them individually, just like Riley finds what works best for him.

Students with sensory processing difficulties may struggle to identify and distinguish sensory input and needs.

Discuss with students how one person's need to move and make noise impacts another person's need for quiet.

This activity pairs well with **My S.O.S. Rescue Plan with Riley the Brave**.

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My Sensory Cup

Think of a recent time you were trying to learn. Put an X along each line below to show how your senses were feeling. Not sure? That's okay! Just draw a question mark, and go on to the next sense.





Let's think: What does this tell you about your sensational senses?

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