

## ***Sensory Diet Exploration: Activity Checklist***

The following is a checklist of things people may use or do in order to help decrease &/or to prevent distress. Please take a moment to check off those things that seem to be helpful for you! Each of these activities employs all or most of the sensory areas. However, they are categorized to help you identify some of the specific sensorimotor qualities you may want to focus on.

### ***Movement***

- |  |   |   |
|--|---|---|
| <input type="radio"/> Riding a bicycle         | <input type="radio"/> Rocking in a rocker/glider  | <input type="radio"/> Shopping                      |
| <input type="radio"/> Running or jogging       | <input type="radio"/> Rocking yourself            | <input type="radio"/> Taking a shower               |
| <input type="radio"/> Walking/hiking           | <input type="radio"/> Bean bag tapping            | <input type="radio"/> Cleaning                      |
| <input type="radio"/> Aerobics                 | <input type="radio"/> Shaking out your feet/hands | <input type="radio"/> Driving                       |
| <input type="radio"/> Dancing                  | <input type="radio"/> Playing an instrument       | <input type="radio"/> Going on amusement park rides |
| <input type="radio"/> Stretching or isometrics | <input type="radio"/> Doodling                    | <input type="radio"/> Chopping wood                 |
| <input type="radio"/> Lifting weights          | <input type="radio"/> Re-arranging furniture      | <input type="radio"/> Washing/waxing the car        |
| <input type="radio"/> Yoga or Tai Chi          | <input type="radio"/> Gardening                   | <input type="radio"/> Skiing/skating                |
| <input type="radio"/> Swimming                 | <input type="radio"/> Yard work                   | <input type="radio"/> Building things               |
| <input type="radio"/> Jumping on a trampoline  |   |   |

Others: \_\_\_\_\_

### ***Different Types of Touch & Temperature***

- |  |  |
|--|--|
| <input type="radio"/> Blanket wrap/weighted blanket    | <input type="radio"/> Using a stress ball          |
| <input type="radio"/> Getting a massage                | <input type="radio"/> Fidgeting with something     |
| <input type="radio"/> Holding/chewing ice              | <input type="radio"/> Twirling your own hair       |
| <input type="radio"/> Soaking in a hot bath            | <input type="radio"/> Going barefoot               |
| <input type="radio"/> Using arts/crafts supplies       | <input type="radio"/> Getting a manicure/pedicure  |
| <input type="radio"/> Warming up to a fire/wood stove  | <input type="radio"/> Washing or styling your hair |
| <input type="radio"/> Pottery/clay work                | <input type="radio"/> Bean bag tapping/brushing    |
| <input type="radio"/> Petting a dog, cat, or other pet | <input type="radio"/> Cooking or baking            |
| <input type="radio"/> Holding a dog, cat or other pet  | <input type="radio"/> The feel of certain fabrics  |
| <input type="radio"/> Planting or weeding              | <input type="radio"/> Being hugged or held         |
| <input type="radio"/> Warm/cold cloth to head/face     | <input type="radio"/> Knitting/crocheting/sewing   |
| <input type="radio"/> Hot/cold shower                  | <input type="radio"/> Being in the shade/sunshine  |
| <input type="radio"/> Hand washing                     | <input type="radio"/> Using powders/lotions        |
| <input type="radio"/> Washing the dishes               | <input type="radio"/> Playing a musical instrument |

Others: \_\_\_\_\_

## ***♪ Auditory/Listening***

- Enjoying the quiet
- The sound of a water fountain
- The sound of a fan
- People talking
- White noise
- Music box
- Wind chimes
- Singing
- Humming
- Whistling
- Plays/Theater
- Live concerts
- Radio shows
- Ocean sounds
- Rain
- Birds chirping
- Ticking of a clock
- A cat purring
- Using the telephone
- Use of a walkman/MP3 Player
- Listening to musical instruments
- Relaxation or meditation CDs

Others: \_\_\_\_\_

## ***👁 Vision/Looking***

Looking at:

- Photos
- The sunset or sunrise
- Snow falling
- Rain showers
- Fish in a tank
- Autumn foliage
- Art work
- A bubble lamp
- A mobile
- Waterfalls
- Cloud formations
- Stars in the sky
- Ocean waves
- Watching sports
- Movies
- Animal watching
- Window shopping
- Photography
- Reading
- Looking through different colored sunglasses
- A flower
- Water or fish swimming in a lake
- Looking through picture books

Others: \_\_\_\_\_

## ***👃 Olfactory/Smelling***

- Scented Candles
- Essential oils
- Cologne/perfume
- Baking/cooking
- Coffee
- Aftershave
- Freshly cut grass
- Flowers
- Tangerines/citrus fruits
- Herbs/Spices
- Chopped wood
- Smell of your pet
- Linens after being hung outside to dry
- Scented lotions
- Incense
- Herbal tea
- Mint leaves

Others: \_\_\_\_\_

**☛ Gustatory/Tasting/Chewing**

- Chewing gum
- Crunchy foods
- Sour foods
- Chewing ice
- Sucking a thick milkshake through a straw
- Chewing on your straw
- Yawning
- Deep breathing
- Biting into a lemon
- Eating a lollipop
- Drinking coffee/cocoa
- Drinking herbal or regular tea
- Drinking something carbonated
- Listerine strips
- Mints
- Hot balls
- Chewing carrot sticks
- Spicy foods
- Eating a popsicle
- Blowing bubbles
- Chocolate
- Strong mints

Others: \_\_\_\_\_

***Additional Questions:***

What kind of music is calming to you? \_\_\_\_\_

What kind of music is alerting to you? \_\_\_\_\_

Do you prefer bright or dim lighting when feeling distressed? \_\_\_\_\_

***Are there other things that are not listed that you think might help? If so, what?***

\_\_\_\_\_  
\_\_\_\_\_

***After reviewing all of the activities you have checked off and listed, what are the top five things that are the most helpful when you are feeling distressed?***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_