Sensory Calm Checklist

Use this checklist to track sensory triggers, strategies applied, and outcomes. Check off strategies as you try them, and log observations in the table below. Share completed sheets with your occupational therapist to adjust the plan.

Quick Reference Strategies

- Sensory Diet (heavy work, chewy snacks, etc.)
- Movement Break (swing, yoga pose)
- Equipment/Fidgets (wiggle cushion, chew necklace)
- Parent Coaching (data tracking, routine embed)
- Deep Pressure (weighted blanket, compression vest)
- Environment Adjust (dim lights, noise canceling)
- Coping Skill (breathing, zones chart)

Date/Time	Trigger	Strategy Used	Outcome (Calm/Neutral/Escalated)	Notes