

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

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

Others: _____

Different Types of Touch & Temperature

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