

DECK FOR SENSORY-FRIENDLY SWIM TRAINING

Making swim lessons safe, supportive, and joy-filled
for every child

Simulate handing the swim noodle—how does The Calm Mentor guide the swimmer without causing sensory overload?



“What’s the risk if this sensory need isn’t accommodated during a lesson?”



“What breaks down when the instructor ignores this need?”



If The Sensory-Sensitive Swimmer experiences harsh lighting and loud whistles, anxiety may escalate, the lesson derails, and trust diminishes.



What hobby do you think is the least enjoyable?



What hobbies are the most expensive?



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**What are some
cheap hobbies?**



**What hobbies
did you have as
a kid?**



**Have your
hobbies changed
recently?**



**What hobbies do
you do with your
friends?**



**Do you have the
same hobbies as
your family?**



**Do you like doing
hobbies alone or
in a team?**



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**What hobbies are
you going to do
next weekend?**



**What hobbies are
popular in your
country?**



**If you had to
choose a sporty
hobby, which
would you
choose?**



**If you had to
choose a creative
hobby, which
would you
choose?**



**When did you get
interested in your
hobby?**



**What hobby have
you always
wanted to try?**

