

Sensory Diet Chart for Young Children on the Autism Spectrum

Morning (Wake-Up & Get Ready)

- Heavy Work: Push laundry basket or carry groceries
- Proprioceptive Input: Wall pushes, animal walks
- Oral Motor: Crunchy foods, thick liquids through straw
- Visual Schedule: Picture cards or AAC device

Mid-Morning (Before or During Learning Activities)

- Movement Breaks: Trampoline, scooter board, swinging
- Fidget Tools: Textured toys, chewable necklaces
- Calming Corner: Soft lighting, noise-canceling headphones
- Motor Planning Support: Visual cues for transitions

Lunch & Midday

- Oral Motor Play: Blow bubbles, use whistles
- Tactile Play: Sensory bins with rice or sand
- Deep Pressure: Weighted blanket or compression vest
- Social Stories: Prepare for mealtime transitions

Afternoon (Post-School or Therapy Wind-Down)

- Swinging or Rocking: Hammock or rocking chair
- Joint Compression: Gentle squeezes to arms and legs
- Water Play: Bath time with bubbles and scooping
- AAC Practice: Express feelings or choose calming activity

Evening (Pre-Bedtime)

- Low-Stimulation Activities: Story time, soft music
- Massage or Lotion Rubs: Calming scents like lavender
- Routine Chart: Visual bedtime routine
- Sensory-Friendly Pajamas: Soft, tagless clothing