



# Getting To Know My Sensory Needs



I am unique and my sensory needs are valid.  
This is a safe space to explore what helps me feel good, calm and supported.

My name: \_\_\_\_\_ Today's date: \_\_\_\_\_ I am completing this for:  
 Myself  My child  Someone I support

### 1. SOUNDS

Sounds can be calming, exciting or overwhelming for me.

I enjoy / don't mind:

♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_

Sounds that can overwhelm me:

♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_




### 2. TEXTURES

Textures can feel cozy, interesting or uncomfortable.

Textures I like:

♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_

Textures I don't like or that can overwhelm me:

♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_



### 3. MOVEMENT & BODY

Movement helps my body feel regulated in different ways.

Movement I enjoy:

♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_

Movement that helps me when I feel overwhelmed:

♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_



### 4. THINGS THAT CAN OVERWHELM ME

These things can make my body feel stressed or overloaded.

♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_




♥ It's okay if this list changes from day to day.

### 5. THINGS THAT HELP ME FEEL CALM

These sensory things help me feel safe, calm and comfortable.

♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_



### 6. SIGNS I MIGHT NEED A SENSORY BREAK

My body gives me clues when I need time, space or support.

♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_



### 7. SENSORY SUPPORTS THAT HELP ME

These tools, strategies or modifications can help me feel regulated and supported.

♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_



### 8. THINGS I WANT OTHERS TO KNOW

This helps the people around me understand and support me better.

♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_



♥ Gentle reminder: My needs are valid.  
 It's okay if things change. I am allowed to take up space.  
 I deserve to feel safe, supported and understood. ♥

Today I will be kind to myself by:

♥ \_\_\_\_\_  
 ♥ \_\_\_\_\_

There is no right or wrong way to have sensory needs. You are enough, just as you are. ♥