



Understanding My Sensory Needs



A gentle, strengths-based resource to help understand your senses, your needs, and what helps you feel your best.

This resource comes in two visual styles so you can choose the version that feels most comfortable and supportive for you.

♥ Same content. Same support. Different look. You choose what feels right for you.

VERSION 1 Soft Neutral Cozy

VERSION 2 Soft Pastel & Playful

Calm, earthy & cozy

Understanding My Sensory Needs

A gentle, strengths-based resource to help me understand my senses, my needs, and what helps me feel my best.

My experiences are real. My needs are important. I deserve support and care. ♥

Soft, playful & warm

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♥ You know yourself best. Your sensory needs are valid. Your comfort matters. This resource is here to support you, in whatever way feels most helpful.

Take what you need. Skip what you don't. Come back anytime. ♥

Understanding My Sensory Needs

My sensory needs are real.

Comfort matters.

My nervous system deserves support.

There is no wrong way to experience the world.

Exploring the sounds, textures, lights, movements, routines, and environments that help me feel more comfortable and supported.



Your needs matter.
You are allowed to seek comfort.
You are enough, just as you are.

Understanding My Sensory Needs

Everyone experiences the world differently.
Learning about my sensory needs helps me
feel calm, safe, and supported.

What are sensory needs?



My senses take in information from the world around me. This includes sight, sound, touch, taste, smell, movement, balance, and body awareness. Sometimes things feel just right. Sometimes they feel too much or not enough. That's okay.



Why it matters

When my sensory needs are understood and supported, I can:



Feel calmer
and safer



Focus and learn
more easily



Manage my
emotions better



Have more
energy



Enjoy time with
others

This resource will help me to:

- ✓ Notice what affects my sensory comfort
- ✓ Identify signs my body needs support
- ✓ Explore things that help me feel regulated
- ✓ Build a plan that works for me
- ✓ Celebrate what makes me feel good



How to use this resource

- ✓ Take your time. There's no rush.
- ✓ You can skip anything that doesn't feel helpful right now.
- ✓ Come back to it whenever you need.
- ✓ Use it in a way that works best for you.



My experiences are real. My needs are important.
I deserve to feel comfortable and supported.

Things That Affect My Sensory Comfort

Different things in my environment and routine can affect how I feel. Some help me feel good. Others can make it harder to cope.



Sights & Lights

What helps me feel calm or comfortable?

.....

What can be too much or overwhelming?

.....



Sounds

What sounds help me feel calm or focused?

.....

What sounds are too loud, unexpected, or stressful?

.....



Textures & Touch

What textures or touch sensations feel good to me?

.....

What textures or touch sensations are uncomfortable?

.....



Movement & Body

What types of movement help my body feel good?

.....

What movement or stillness can be uncomfortable for me?

.....



Routines & Time

What parts of my routine help me feel safe and prepared?

.....

What changes, surprises, or time pressures are hard for me?

.....



Places & Spaces

What places help me feel calm, safe, or comfortable?


.....

What places or environments are difficult for me?

.....



There is no wrong answer. My experience is valid.


 What else affects my sensory comfort?

.....

My needs are important. I can take steps to look after myself.

Signs My Nervous System Might Need Support



My body and brain sometimes show me when they need extra support. These signs are not bad. They are helpful messages. 



I might need support if I notice:

In My Body

- ♥ Tight muscles
- ♥ Headaches
- ♥ Tummy aches or feeling sick
- ♥ Feeling very tired
- ♥ Restlessness or needing to move
- ♥ Shallow or fast breathing
- ♥ Change in appetite
- ♥ Feeling hot or cold
- ♥ Other: _____



In My Feelings

- ♥ Feeling worried or anxious
- ♥ Feeling overwhelmed
- ♥ Feeling irritable or grumpy
- ♥ Feeling sad or low
- ♥ Feeling easily frustrated
- ♥ Feeling numb or shut down
- ♥ Finding it hard to cope
- ♥ Feeling everything too much
- ♥ Other: _____












In My Behaviours

- ♥ Withdrawing or wanting to be alone
- ♥ Snapping or lashing out
- ♥ Crying more easily
- ♥ Finding it hard to focus
- ♥ Avoiding things
- ♥ Needing more comfort
- ♥ Repeating actions
- ♥ Sleeping more or less
- ♥ Other: _____



Situations or Triggers That May Affect Me

Different situations can affect my nervous system. Some examples might include:

	 Busy or crowded places	 Loud or unexpected noises	 Changes in routine	 Bright lights or strong sensory input	 Too much to do or pressure	 Social situations or communication	  Certain places, weather, or environments
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What I Can Do

- ✓ Notice the signs early
- ✓ Pause and check in with myself
- ✓ Use supports that help me feel better
- ✓ Ask for help if I need it
- ✓ Give myself permission to rest
- ✓ Be kind to myself



People Who Can Support Me


I can reach out to people I trust:

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____



Gentle Reminders

 My signs are messages, not failures.	 I am allowed to rest.	 My needs are valid.	 I can use what helps.	 I am doing my best.	 Support helps me feel safe and regulated.
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My nervous system is trying to protect me. I can respond with kindness, support, and care. 

Things That Help ME FEEL REGULATED

Creating a plan of sensory supports that help me feel calm, comfortable, and supported each day.



1 Morning

What helps my body and brain start the day gently?

- ♥ movement / stretching
- ♥ quiet time
- ♥ deep pressure
- ♥ sensory tools
- ♥ favourite music
- ♥ predictable routine
- ♥ good lighting
- ♥ sensory drink / snack
- ♥ other: _____



2 During School / Work / Daily Life

What sensory supports help me cope and stay regulated during the day?

- ♥ headphones / ear defenders
- ♥ movement breaks
- ♥ fidgets / sensory tools
- ♥ quiet space
- ♥ visual supports
- ♥ comfortable clothing
- ♥ predictable routines
- ♥ snacks / drinks
- ♥ other: _____



3 After Overwhelming Days

What helps me recover and recharge?

- ♥ dim lighting
- ♥ comfort shows / movies
- ♥ being alone / quiet time
- ♥ weighted blanket
- ♥ movement
- ♥ special interests
- ♥ sensory tools
- ♥ rest / sleep
- ♥ other: _____



4 My Safe Sensory Comforts

These are the things that always help me feel safe, calm, and supported. I can return to them anytime I need.

 Favourite Smells



 Favourite Textures



 Comforting Sounds



 Calming Activities



 Visuals That Help Me



 Sensory Items I Love



Gentle Reminders



Sensory support is not a reward.



It is a valid support need.



I am allowed to use what helps me.




My comfort helps me do my best.



It's okay to change what I need.



It deserve support every day.

I know what helps me. I can choose what I need.
 My comfort matters. I deserve support. 



Understanding My SENSORY NEEDS

Exploring the sounds, textures, lights, movements, routines, and environments that help me feel more comfortable and supported.

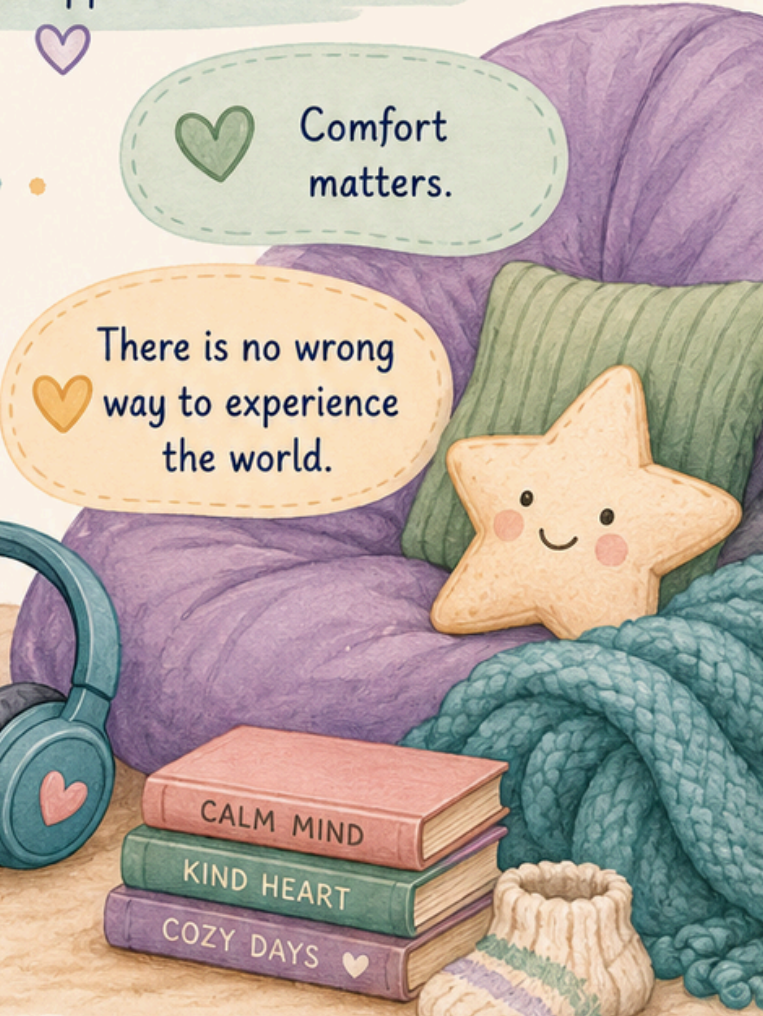
My sensory needs are real.

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Your needs matter. You are allowed to seek comfort.
You are enough, just as you are.



Introduction

Supporting sensory comfort with kindness




What are sensory needs?

Our brains and bodies take in information from the world around us all day long.

This can include:

- sounds 
- lights 
- smells 
- textures 
- movement 
- temperature 
- busy environments 
- social situations 

Some sensory experiences may feel calming, enjoyable, or regulating. 

Others may feel overwhelming, uncomfortable, painful, distracting, or exhausting.

Everyone experiences sensory input differently. 



There is no "right" sensory profile.

Some people:

-  seek sensory input
-  avoid certain sensations
-  need movement to focus
-  feel safest in quiet spaces
-  enjoy repetition or predictability
-  need sensory recovery time after busy days

All of these experiences are valid.

Your sensory needs are not "too much."



You do not need to force yourself to be uncomfortable to deserve support.



sounds



lighting



comfort



movement



sensory tools



environment



other factors

Different nervous systems need different things.

Your comfort matters.



Things That Affect My Sensory Comfort

These pages can help you explore the sensory experiences that feel calming, uncomfortable, enjoyable, or overwhelming for you.

You can write, draw, tick boxes, or leave sections blank. There are no wrong answers.

1 Sounds I Enjoy

Examples:

- music
- rain sounds
- quiet spaces
- familiar voices
- white noise
- nature sounds
- _____
- _____
- _____



2 Sounds That Feel Too Much

Examples:

- shouting
- crowded rooms
- sudden noises
- alarms
- overlapping conversations
- _____
- _____
- _____



3 Textures I Like

Examples:

- soft blankets
- fluffy clothing
- smooth objects
- warm fabrics
- sensory toys
- _____
- _____
- _____



4 Textures I Avoid

Examples:

- scratchy clothes
- sticky textures
- tight clothing
- certain food textures
- _____
- _____
- _____



5 Things That Help Me Feel Calm



6 Things That Can Feel Overwhelming





My experiences are real.

I deserve comfort.

I can listen to my body.

My needs matter.















Signs My Nervous System MIGHT NEED SUPPORT



Sometimes our bodies give us signals that we are overwhelmed, overstimulated, tired, or needing support. These signs may look different for everyone.



My signs might include:

-  feeling irritable
-  needing quiet
-  wanting to hide
-  stimming more
-  headaches
-  feeling restless
-  feeling emotional
-  feeling exhausted
-  difficulty focusing
-  needing pressure or movement
-  shutting down
-  difficulty speaking

Other signs I notice: _____

What helps me feel safer or calmer?



Gentle Reminders



It's okay to take breaks.



I do not need to "push through" discomfort.



Rest is important.



I deserve support before things feel unbearable.



My nervous system is trying to protect me.



I am allowed to choose what helps me feel better.



Small supports can make a big difference.









Things That Help ME FEEL REGULATED



A collection of sensory supports and strategies that help me feel calm, focused, and supported.

1 Morning










What helps my body and brain start the day gently?

-  movement
-  quiet time
-  deep pressure
-  stretching
-  sensory tools
-  favourite routine
-  other: _____



2 During School / Work / Daily Life

What sensory supports help me cope during the day?

-  headphones / ear defenders
-  movement breaks
-  fidgets / sensory tools
-  quiet space
-  snacks / drinks
-  predictable routines
-  comfortable clothing
-  visual supports
-  other: _____




3 After Overwhelming Days

What helps me recover and recharge?

-  dim lighting
-  comfort shows / movies
-  being alone
-  weighted blanket
-  movement
-  special interests
-  rest / sleep
-  other: _____








Gentle Reminder

Sensory support is not a reward. It is a valid support need. 



4 My Safe Sensory Comforts

Things that always help me feel safe, calm, and supported.

-  Favourite smells: _____
-  Favourite textures: _____
-  Comforting sounds: _____
-  Calming activities: _____
-  Sensory items I love: _____



My needs are important. It is okay to use what helps me. Comfort helps me show up as my best self.



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