



Child Therapy Service
Resources - Training - Support

Sensory Well-being Support Plan

Helping Young People Identify Effective Sensory
Strategies to aid in Calming or Activating the Nervous System

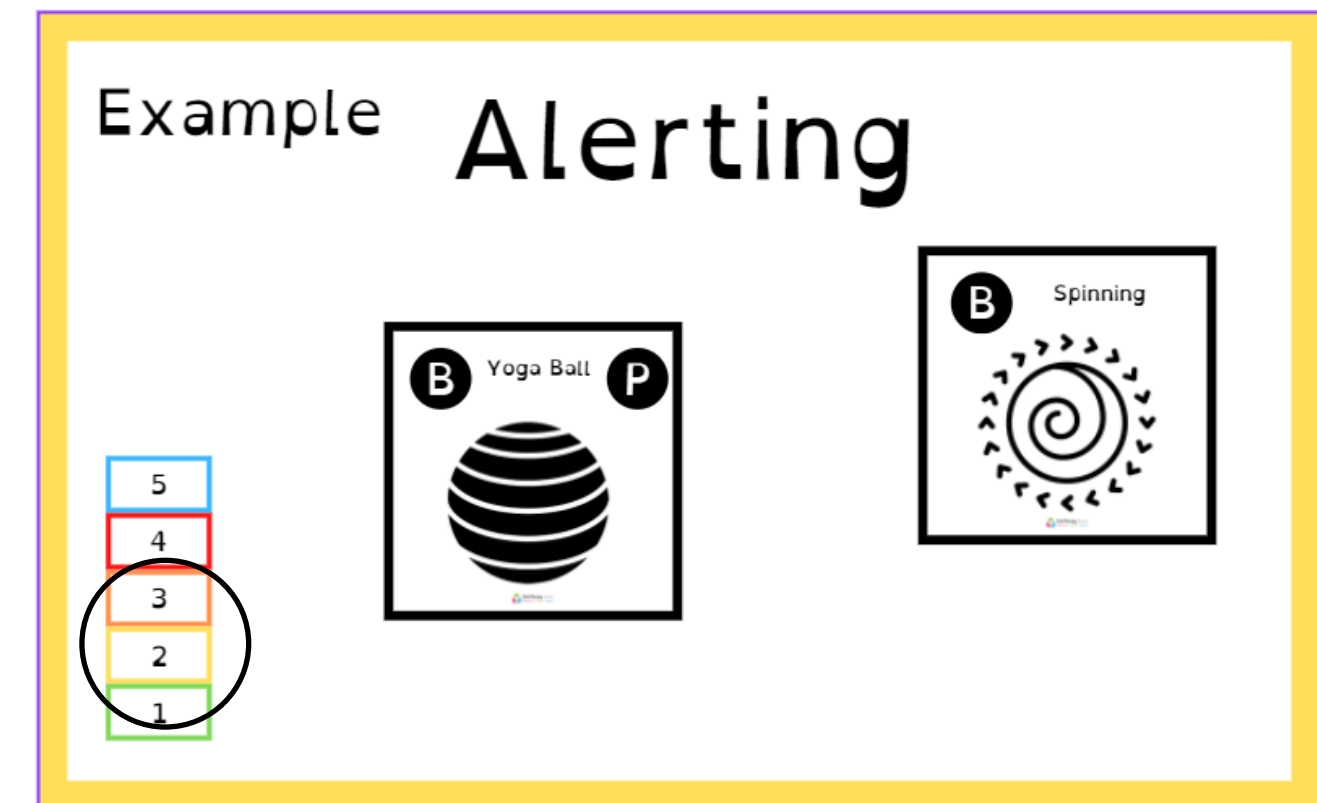
Welcome to the Sensory Well-being Support Pack

This resource pack has been created, to identify the sensory input activities a young person can access to calm or activate their nervous system.

This works alongside a well-being support plan - as an effective method of achieving a calmer, more balanced emotional state.

How to use:

- Print off the soothing and alerting boards, alongside the visual sensory activity cards, and checklist
- Work alongside the young person, to identify which sensory activities alert their nervous system - and which achieve a state of calmness
- Rate each of these activities against the Emotional Scale - the activity can be alerting, but make the young person feel scared. Therefore, this must be a consideration when developing a wellness plan.
- When completed - transfer this information onto the Sensory Well-being Support Plan.



Alerting Board

Activity	Alerting	Soothing	Emotional Scale
Swimming (b)			
Yoga (b)			
Spinning (b)			
Going up-side down (b)			
Pulling back and forth (b)			
Dancing (b)			
Scooter (b) (p)			
Running/Galloping (b) (p)			
Skipping (b)			
Summersaults (b)			
Leapfrog (b)			
See-saw (b)			
Wheelbarrow game (b) (p)			
Going up-side down - feet on wall (b) (p)			

EXAMPLE

MY SENSORY WELL-BEING SUPPORT PLAN		
THE EMOTIONAL SCALE	THESE SENSORY ACTIVITIES REGULATE ME DOWN THE SCALE	THESE SENSORY ACTIVITIES ACTIVATE ME UP THE SCALE
3	<ul style="list-style-type: none"> • Deep pressure • Weighted blanket • Music • Puzzles • Putty 	<ul style="list-style-type: none"> • Movement • Talking • Loud noises

The Sensory Well-being Support Plan

When you have completed all the data collection - you can now transfer all this information into a Sensory Well-being Support Plan.

The goal of this plan is to identify effective sensory activities that will regulate the young person's nervous system down the Emotional Scale.©

It is also a great tool to show adults - what sensory activities will activate the internal system. Whereby, making the young person feel more anxious.

These are potential sensory triggers - therefore, if you are looking for effective ways to de-escalate a situation - though non-verbal methods, this is extremely effective.

This information can also be transferred onto a communication plan for any teaching staff, so that they know how to support the emotional needs of the young person.

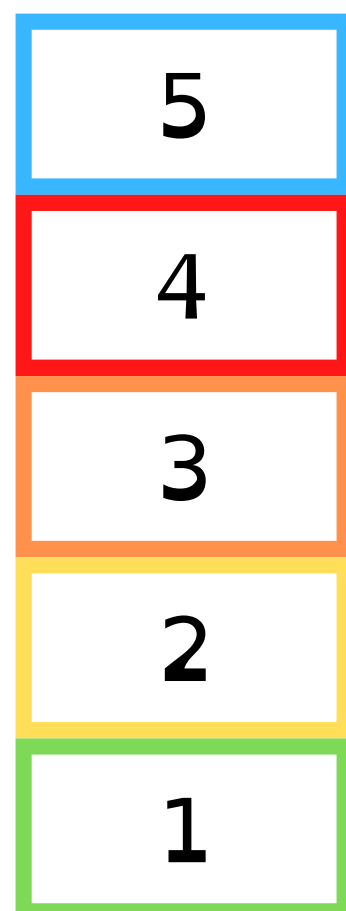
EXAMPLE

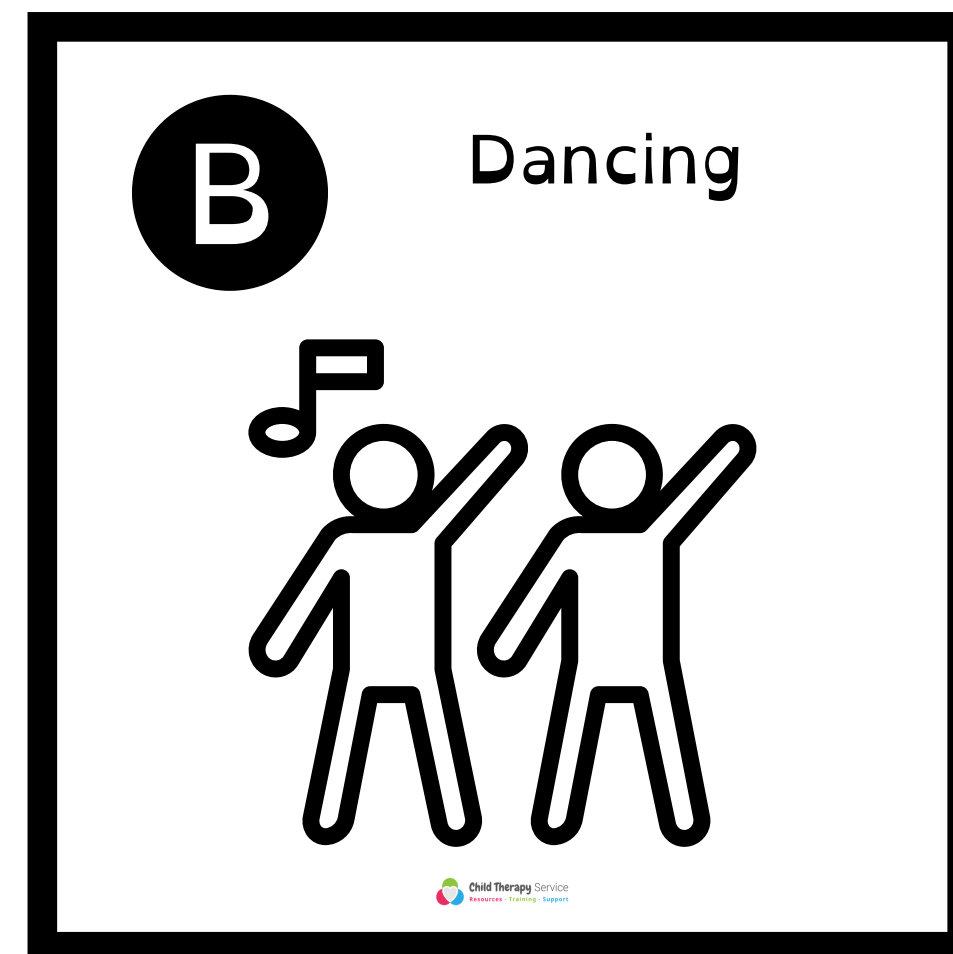
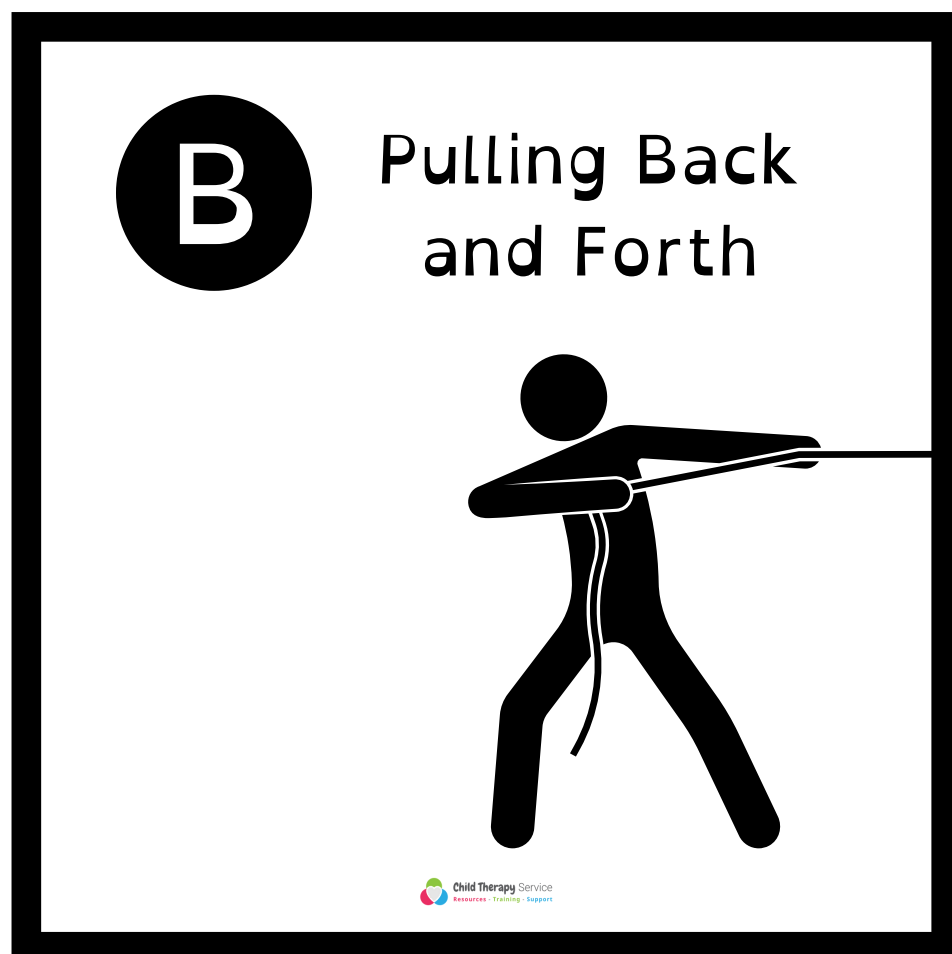
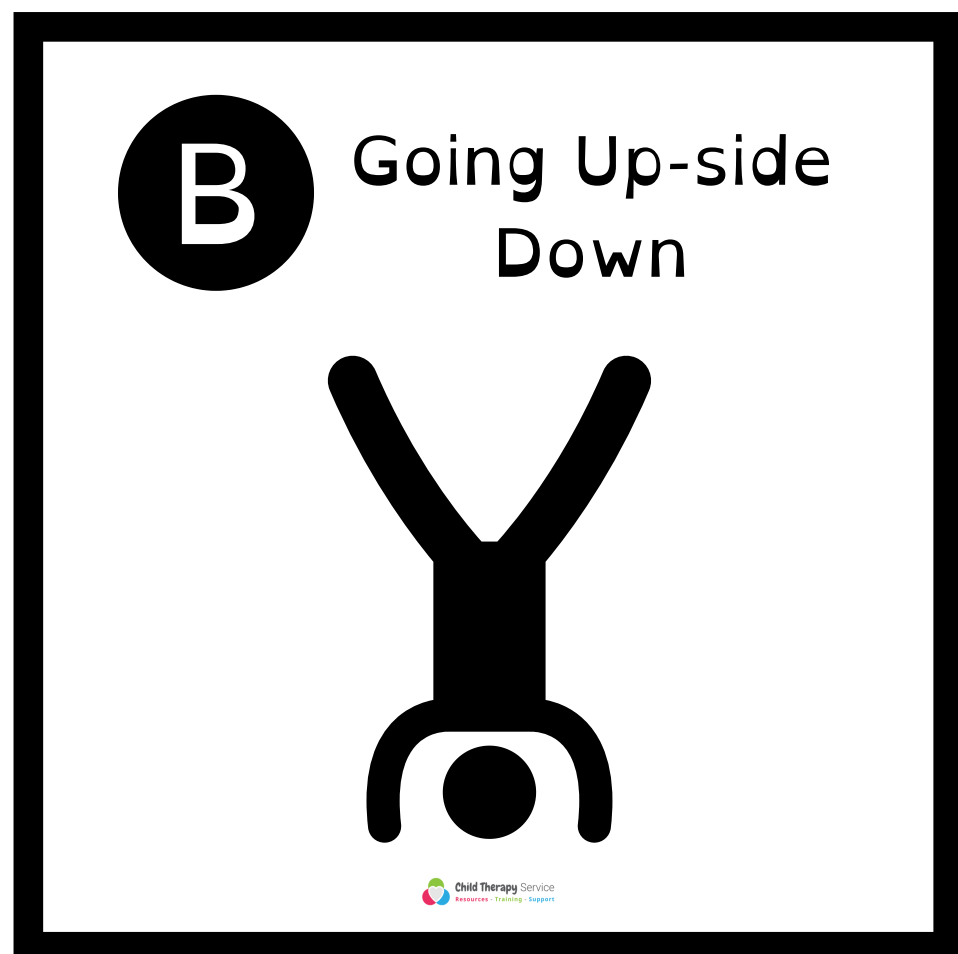
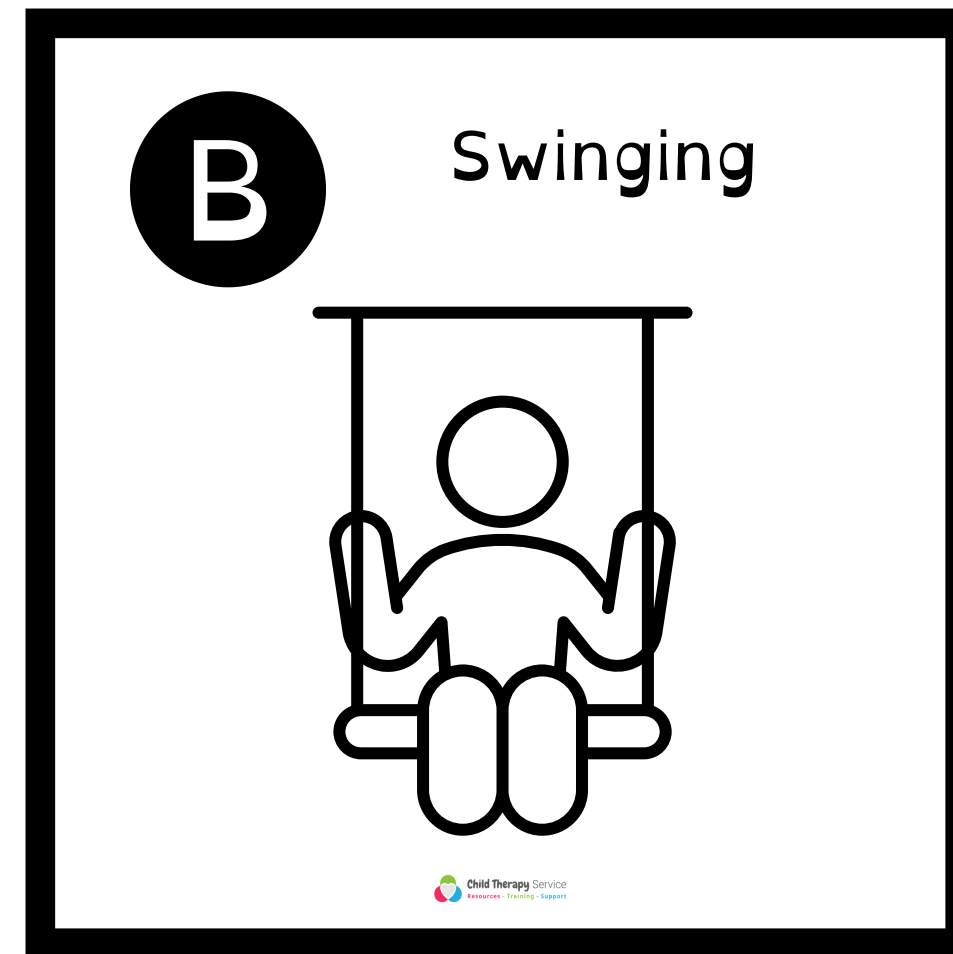
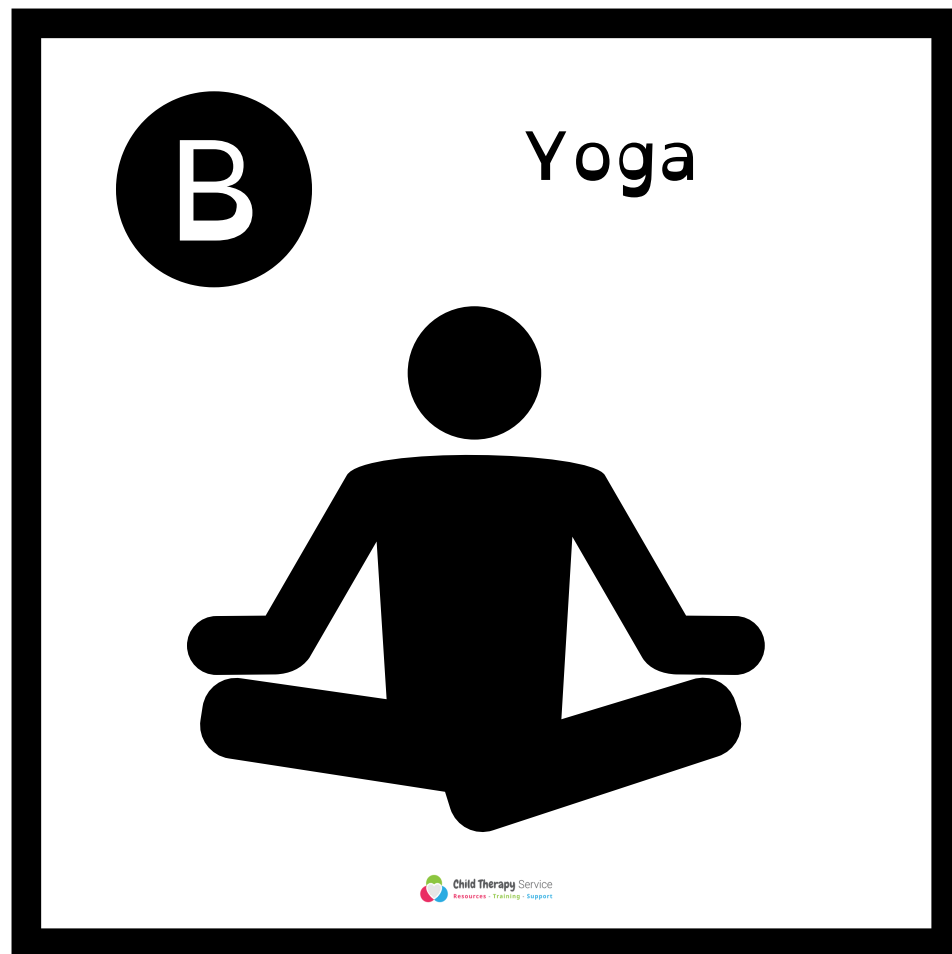
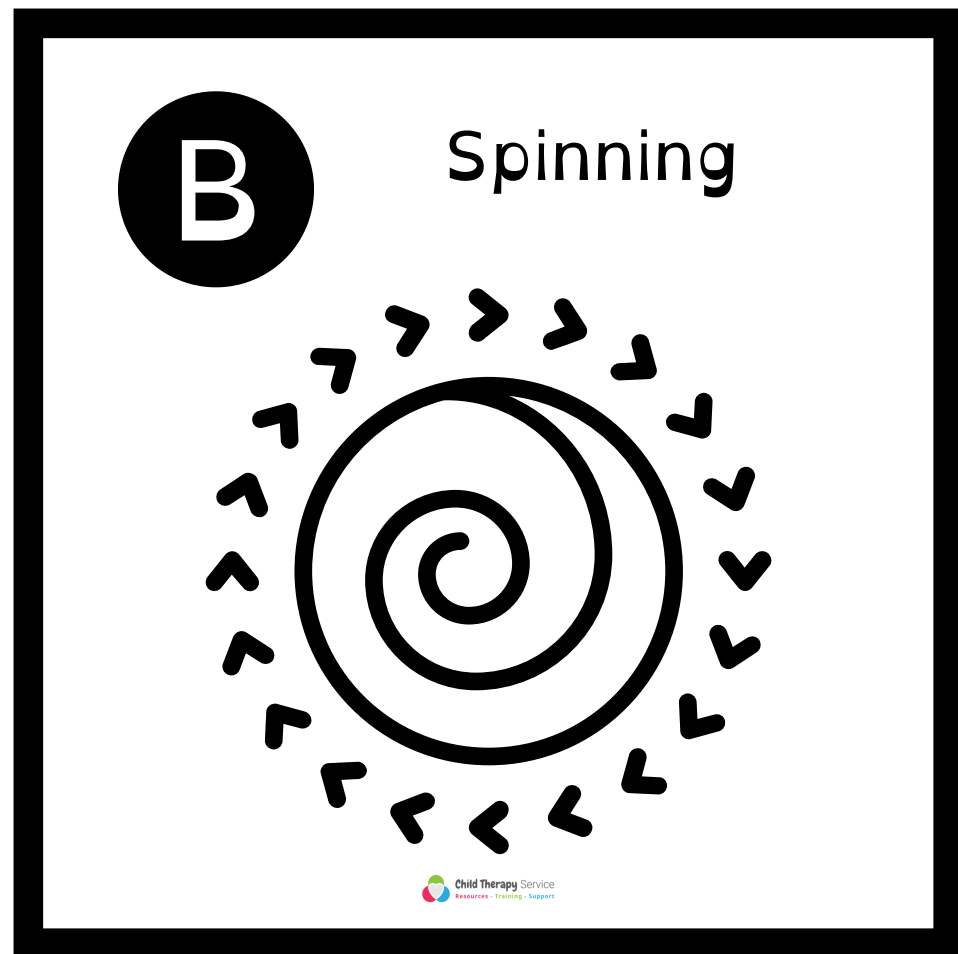
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Soothing

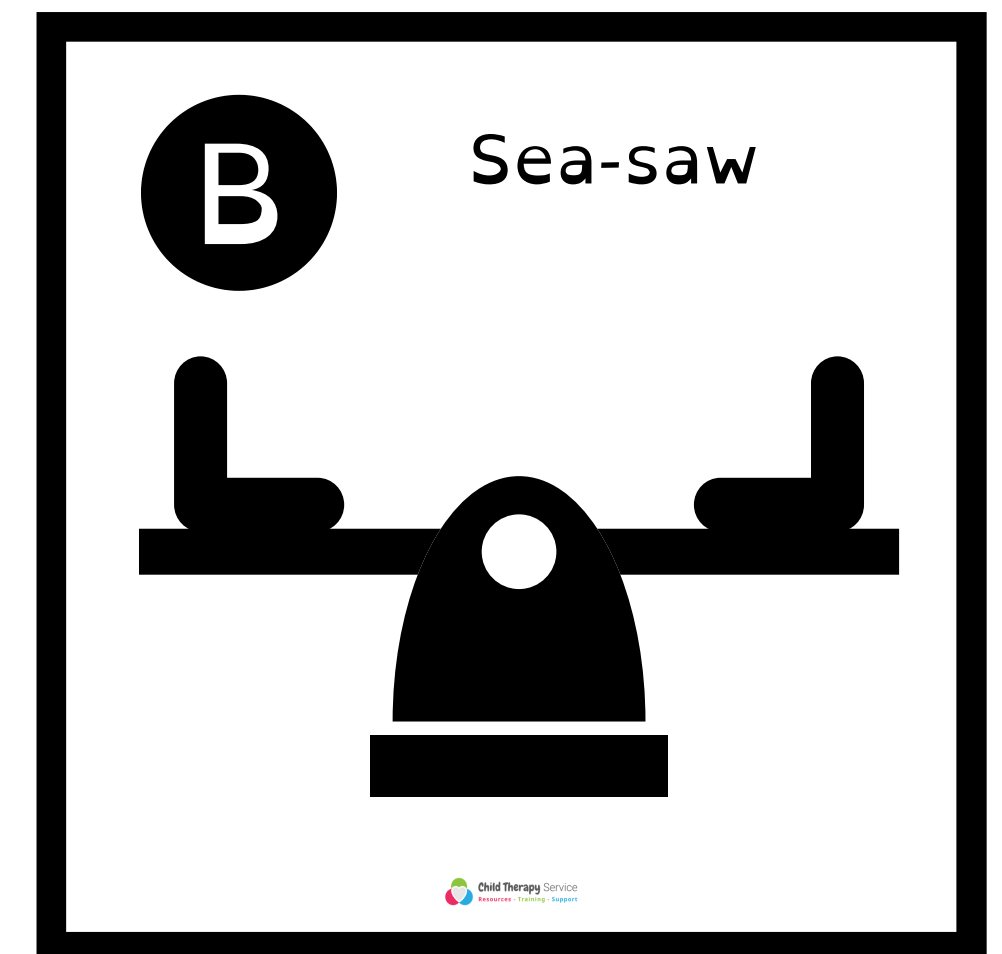
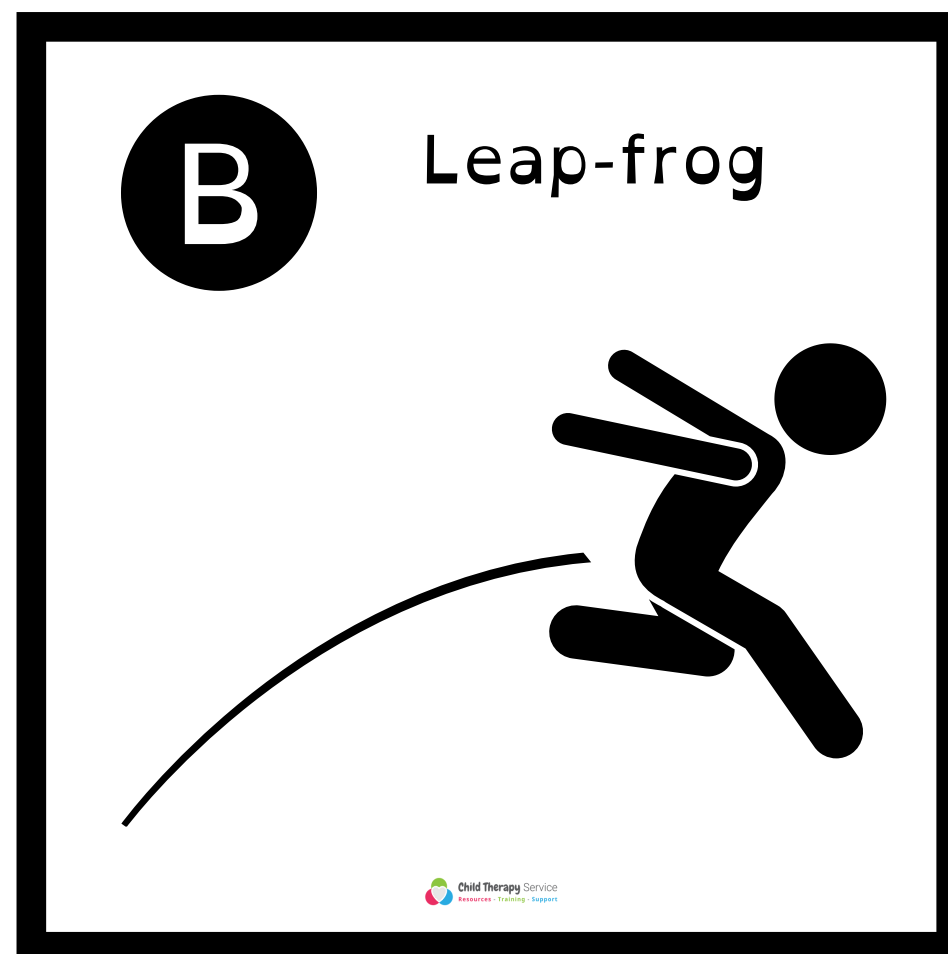
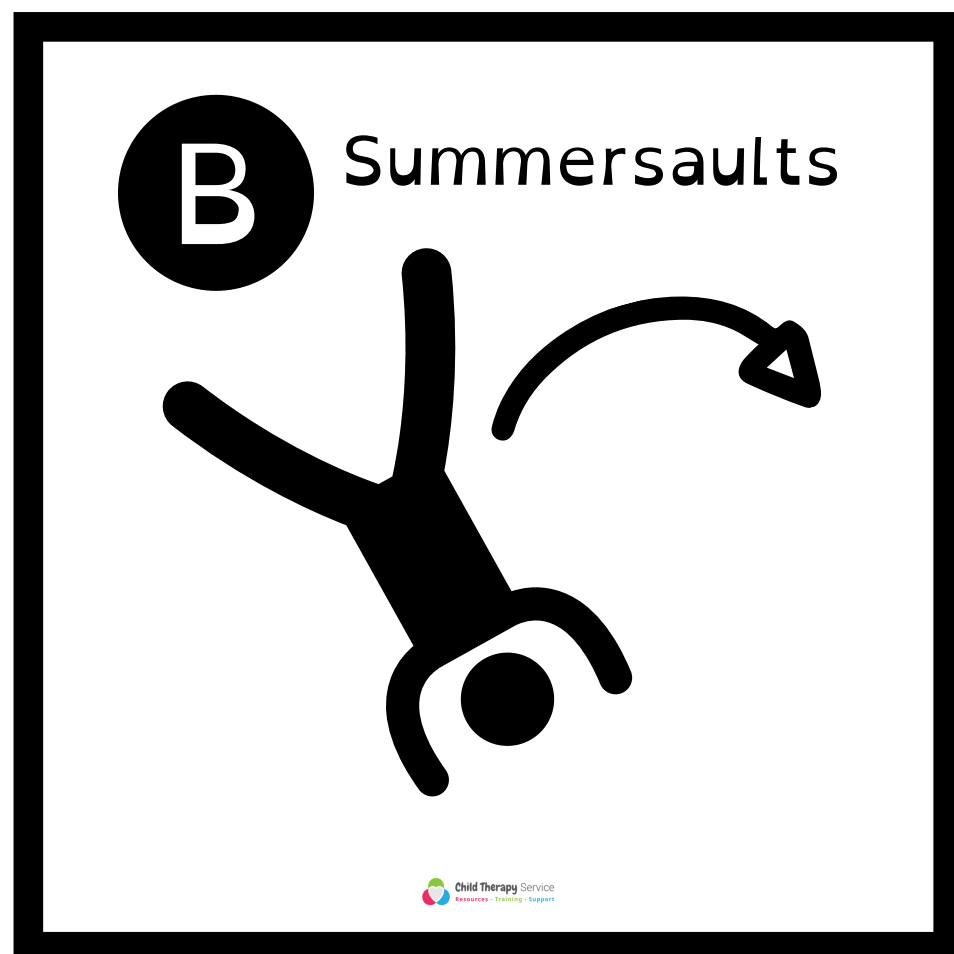
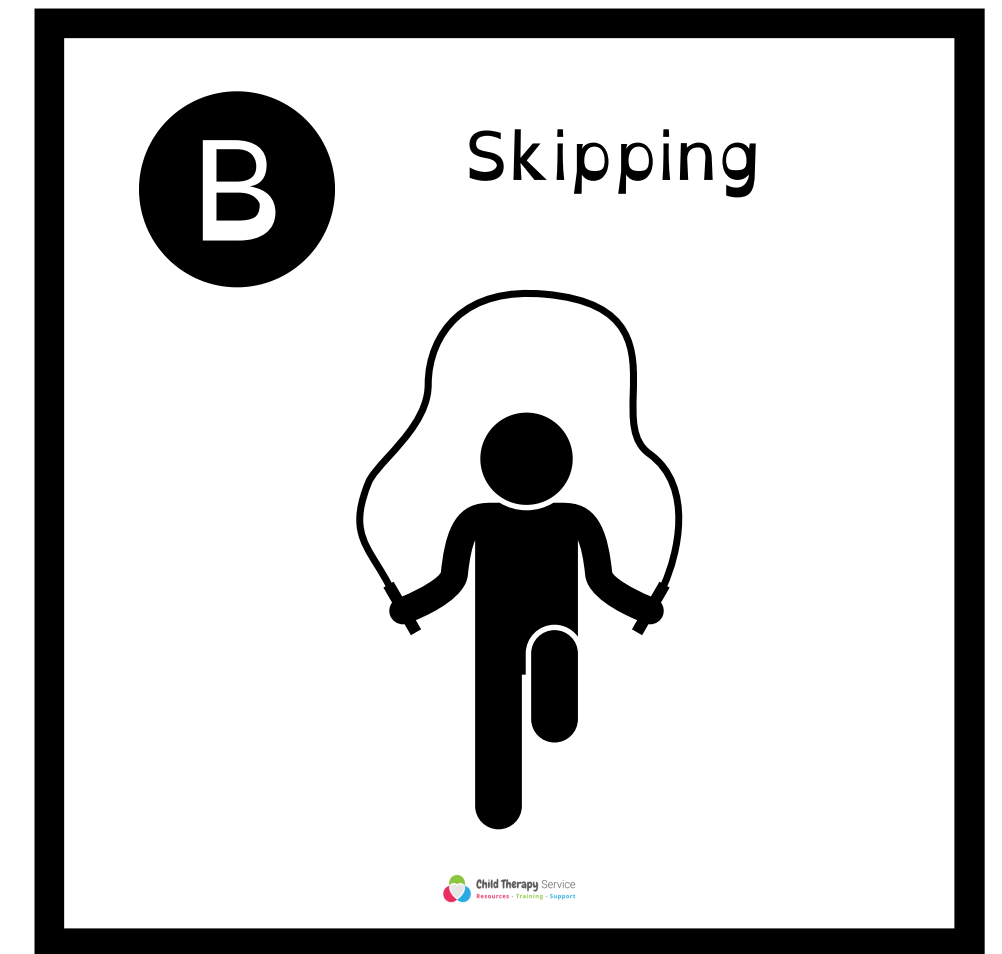
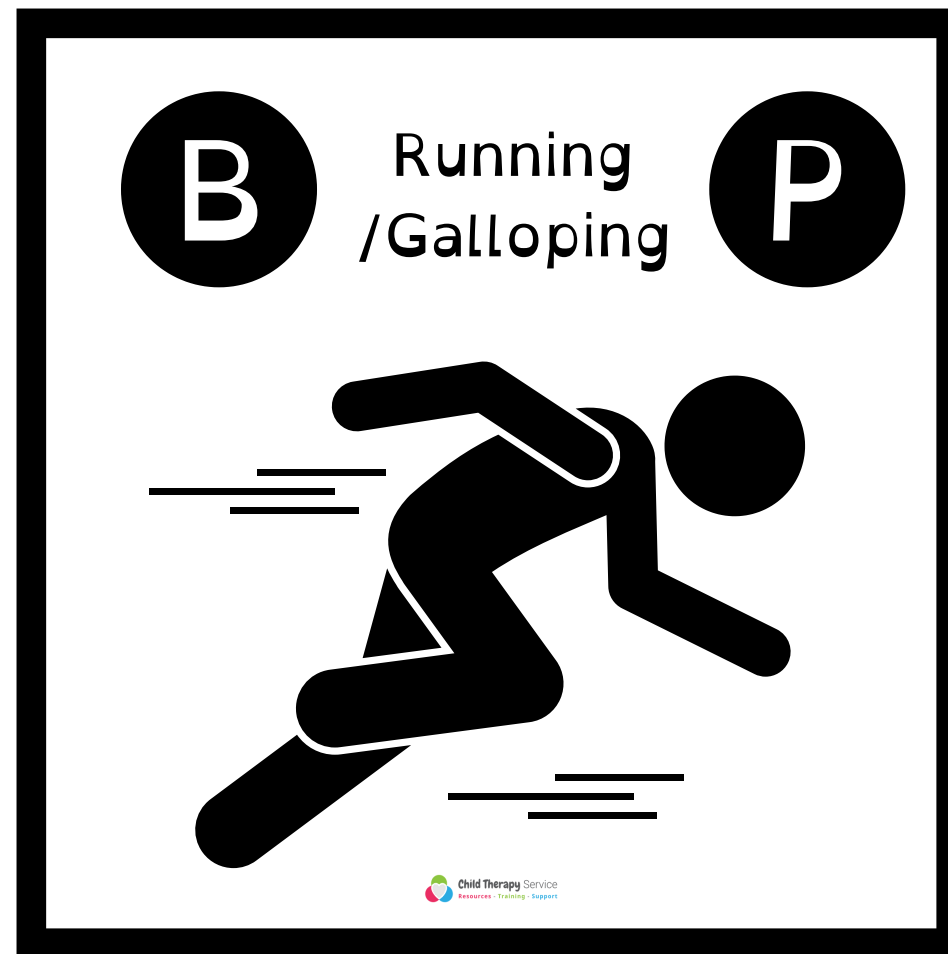
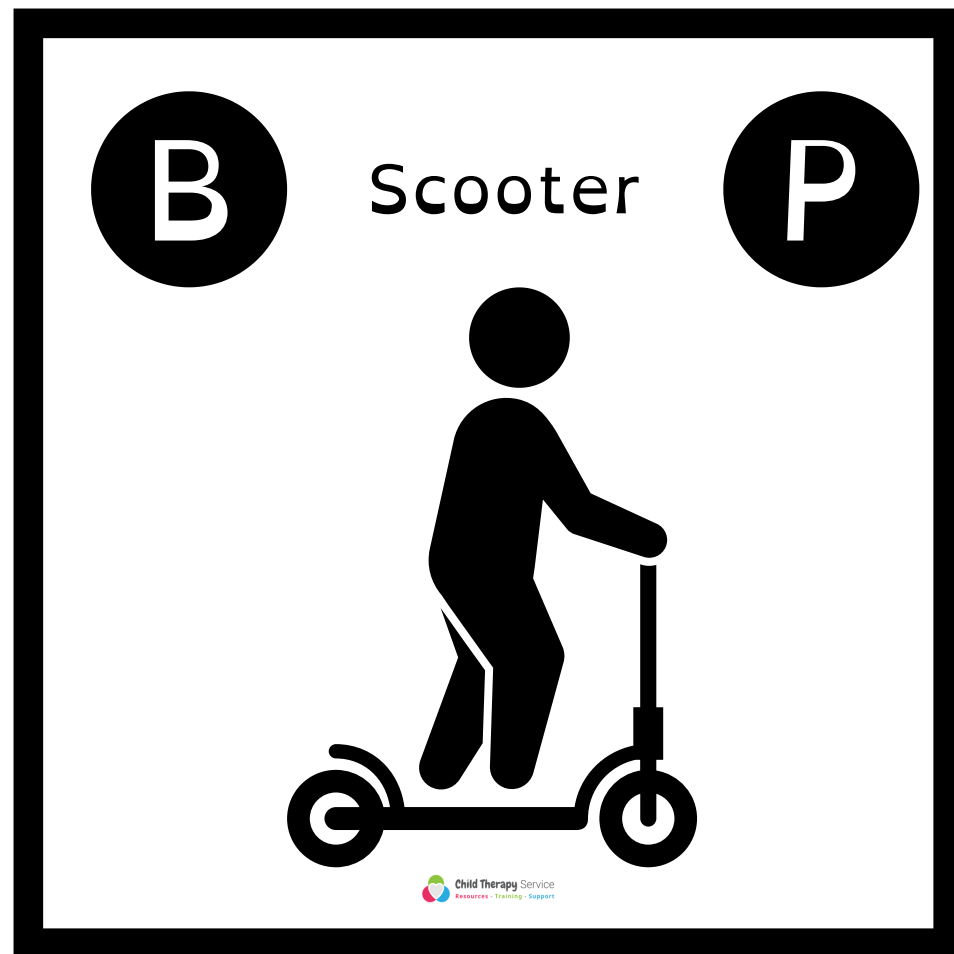
- 5
- 4
- 3
- 2
- 1

Alerting





Vestibular (Balance) Activity Cards



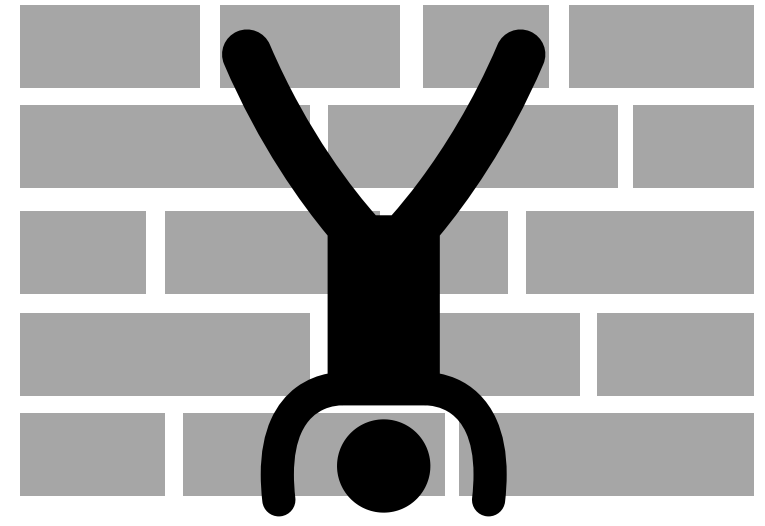
Vestibular (Balance) + Proprioception Activity Cards

B Wheelbarrow Game **P**




Child Therapy Service
Inclusion • Learning • Support

B Upside Down - Feet on Wall **P**




Child Therapy Service
Inclusion • Learning • Support

B Sliding down a Slide **P**



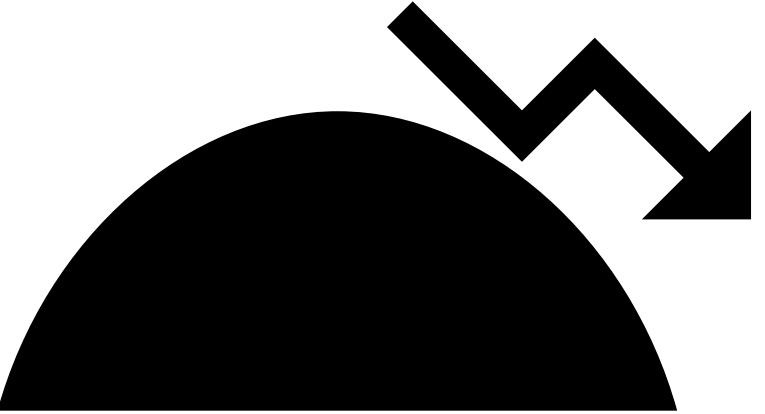
Child Therapy Service
Inclusion • Learning • Support

B Yoga Ball **P**




Child Therapy Service
Inclusion • Learning • Support

B Rolling down a Hill **P**




Child Therapy Service
Inclusion • Learning • Support

B Jumping **P**




Child Therapy Service
Inclusion • Learning • Support

B Ride a Bike




Child Therapy Service
Assessment Training Support

B Use Roller Boots/Blades



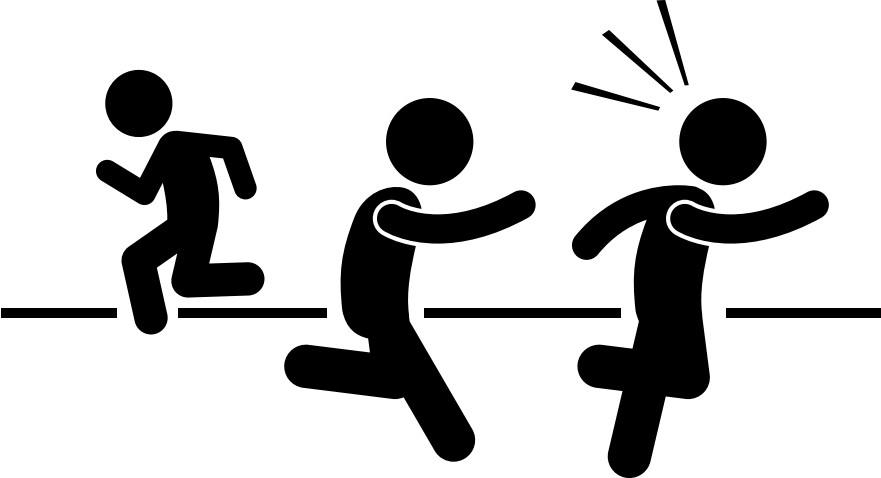
Child Therapy Service
Assessment Training Support

B A Rocking Chair



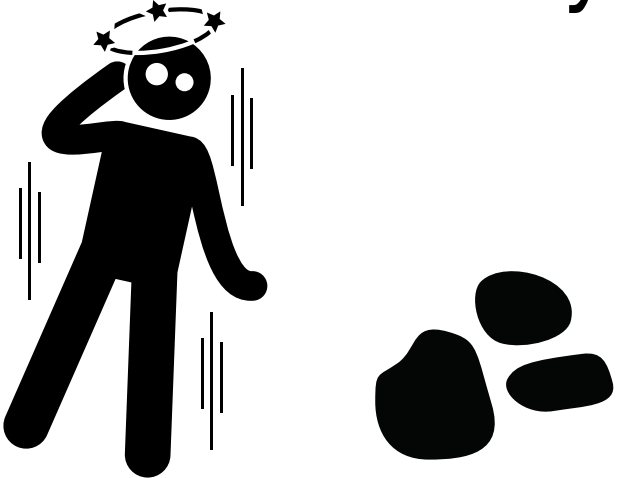
Child Therapy Service
Assessment Training Support

B Running/Playing Tag



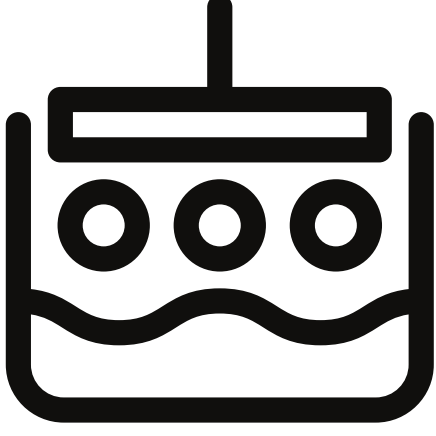
Child Therapy Service
Assessment Training Support

B Walking on things that are Wobbly




Child Therapy Service
Assessment Training Support

P Crushing things Underfoot



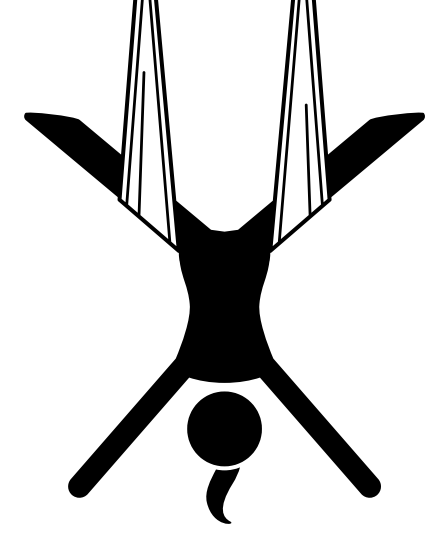
Child Therapy Service
Assessment Training Support

P Climbing Wall




Child Therapy Service
Assessment Training Support

P Hanging Upside Down



Child Therapy Service
Assessment Training Support

P Bouncing on Yoga Ball



Child Therapy Service
Assessment Training Support

P Yoga: Crab Pose



Child Therapy Service
Assessment Training Support

P Pogo Stick



Child Therapy Service
Assessment Training Support

P Kicking Balls



Child Therapy Service

This card features a black silhouette of a person in mid-stride, kicking a ball. The person's right leg is extended forward, and their left leg is bent. The ball is positioned just in front of the right foot. The card is enclosed in a thick black border.


P Therabands



Child Therapy Service

This card shows a black silhouette of a person standing with their feet apart, holding a resistance band under their right foot and pulling it across their body towards their left hand. The card is enclosed in a thick black border.


P Crawling Tunnels



Child Therapy Service

This card depicts a black silhouette of a person crawling through a cylindrical tunnel. The person is on all fours, and a dog is visible at the other end of the tunnel. The card is enclosed in a thick black border.

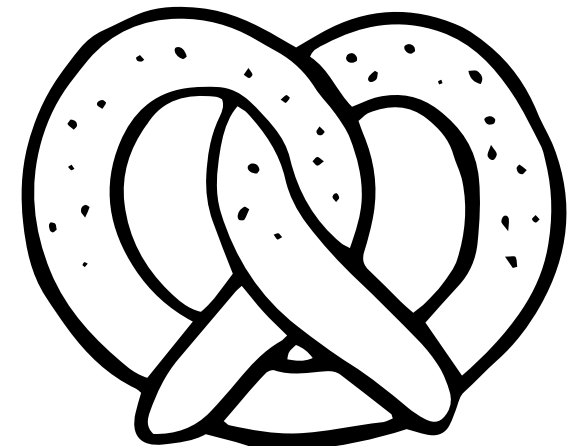
P Obstacle Course



Child Therapy Service

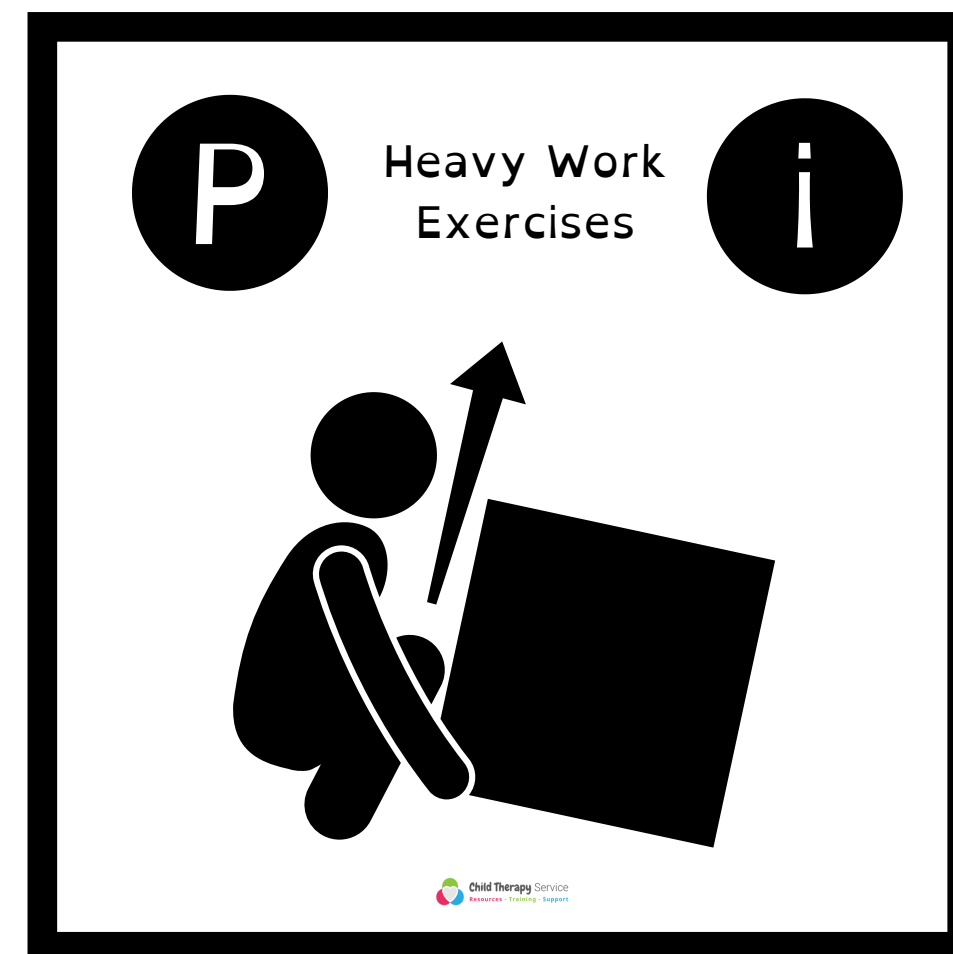
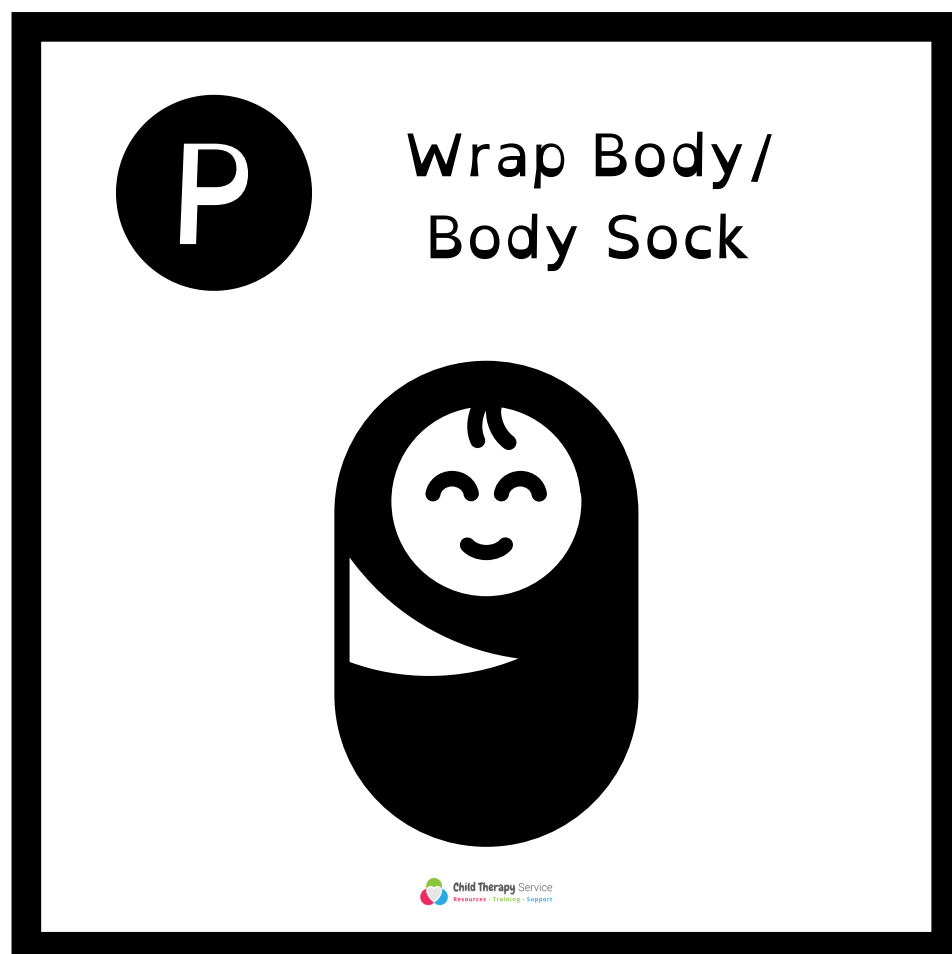
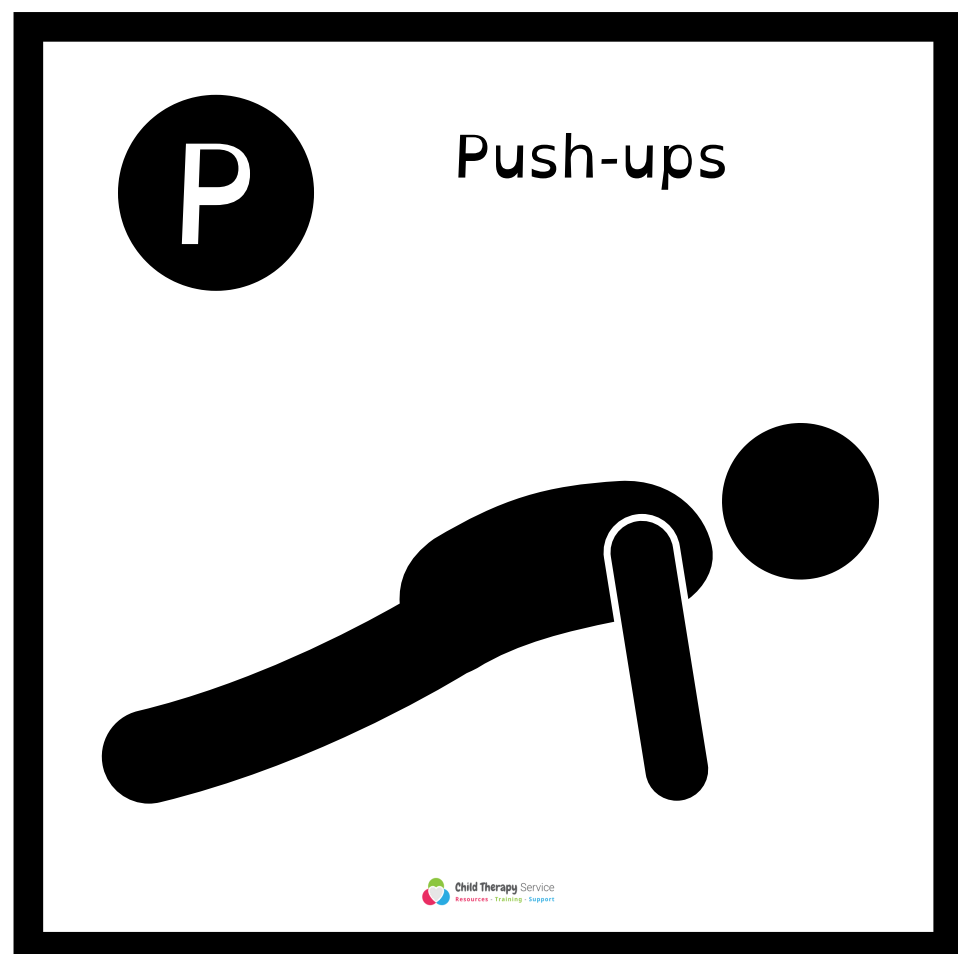
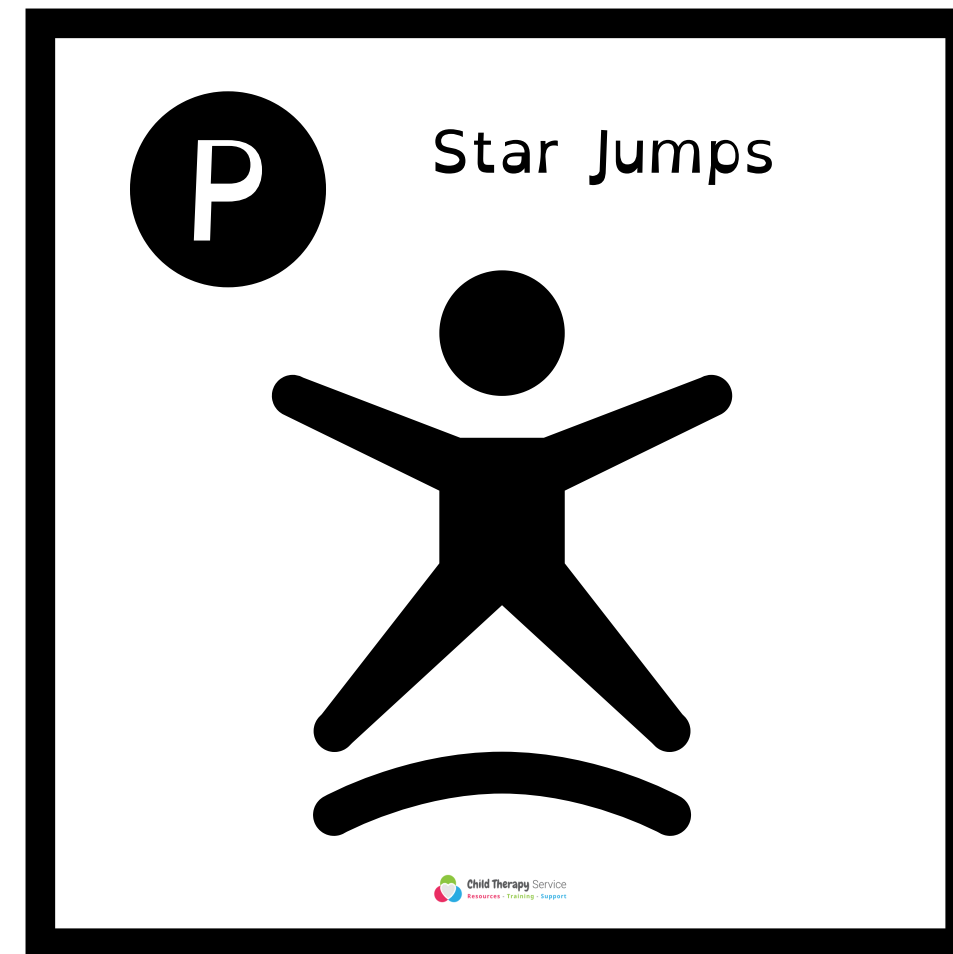
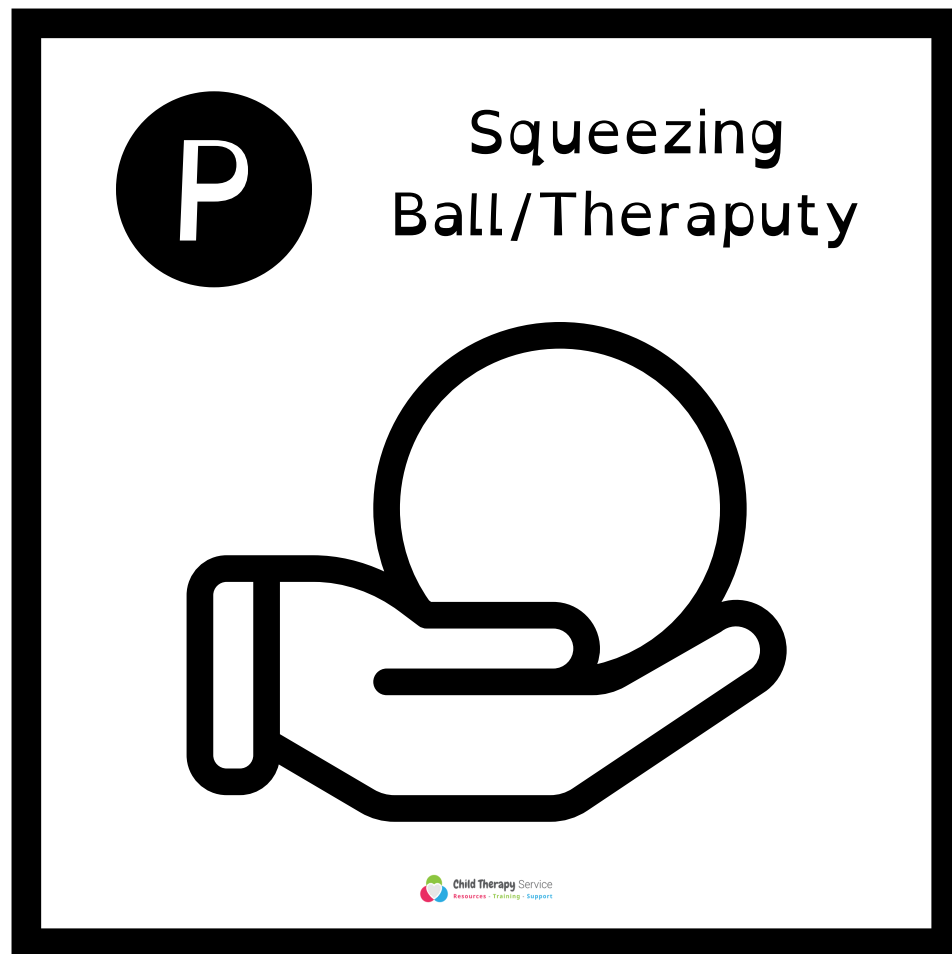
This card shows a black silhouette of a person climbing a series of three rectangular blocks of increasing height. The person is in a crouched position, reaching up to the top of the first block. The card is enclosed in a thick black border.

P Chewing Crunch Foods

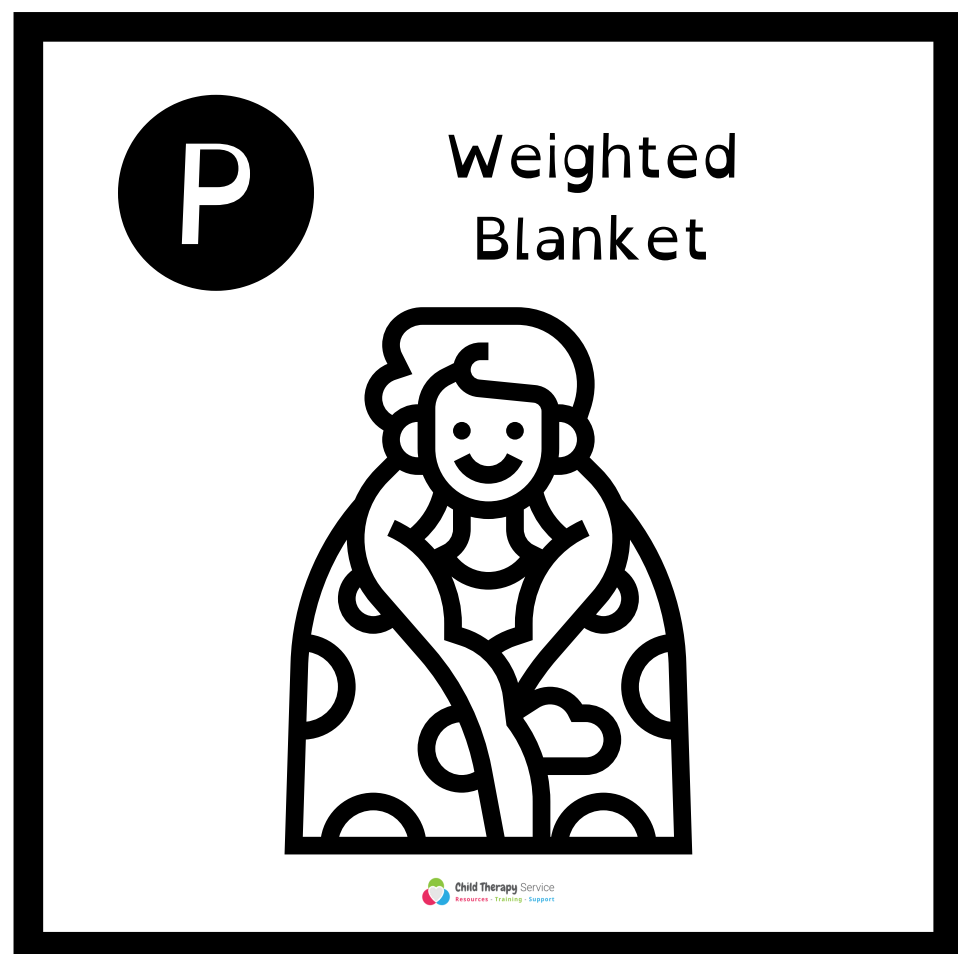
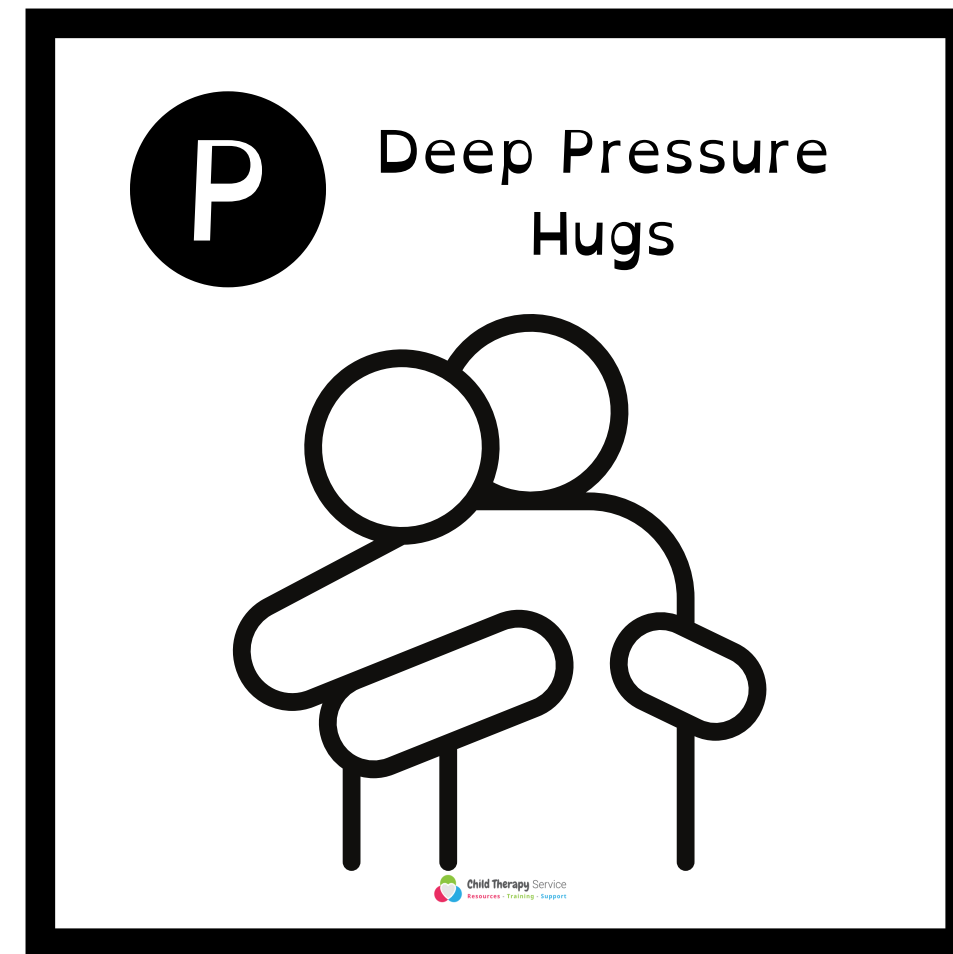
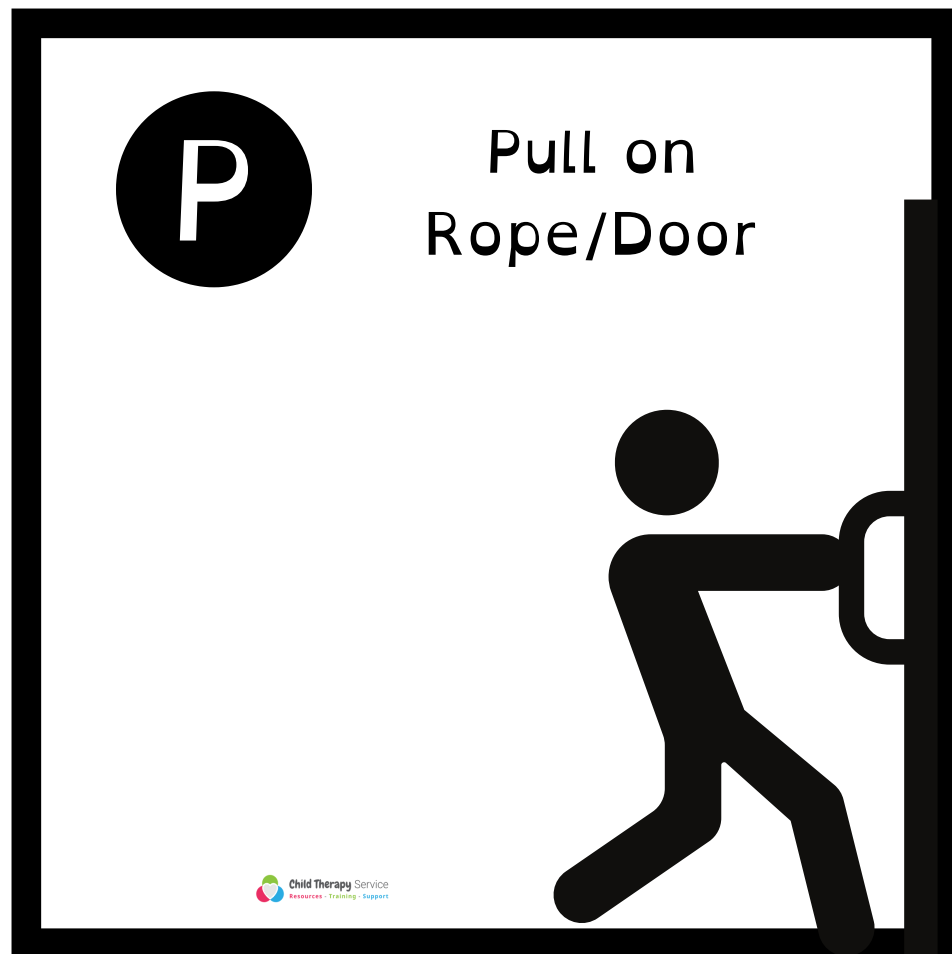


Child Therapy Service

This card features a line drawing of two pretzels. The card is enclosed in a thick black border.



Proprioception + Interoception Activity Cards



1 Mindfulness /Stillness



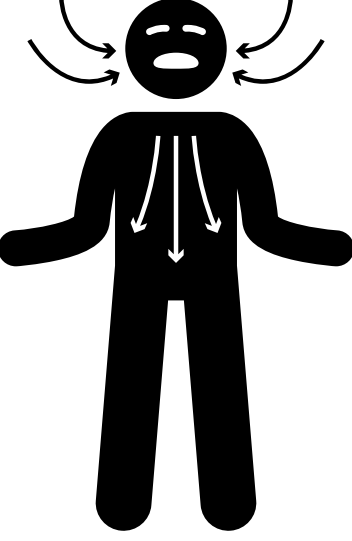
Child Therapy Service

1 Yoga



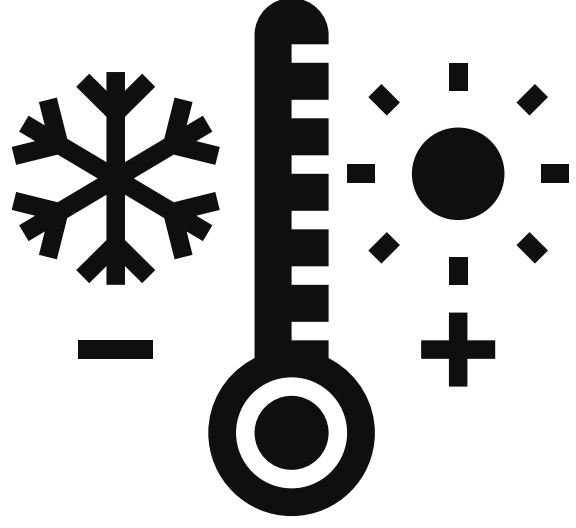
Child Therapy Service

1 Breathing Exercises




Child Therapy Service

1 Temperature Games



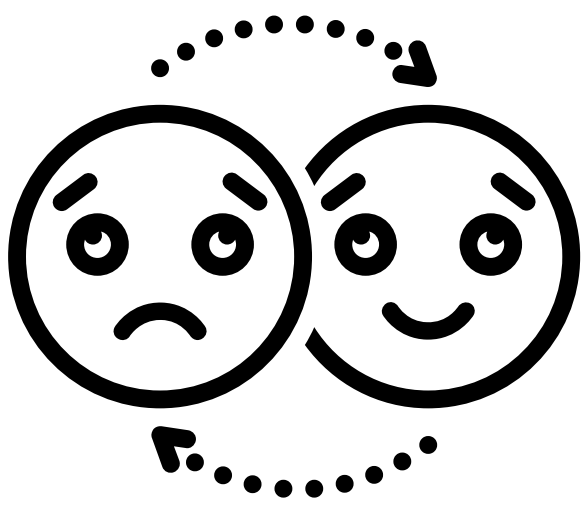
Child Therapy Service

1 Heart beat Games



Child Therapy Service

1 Understanding Emotions



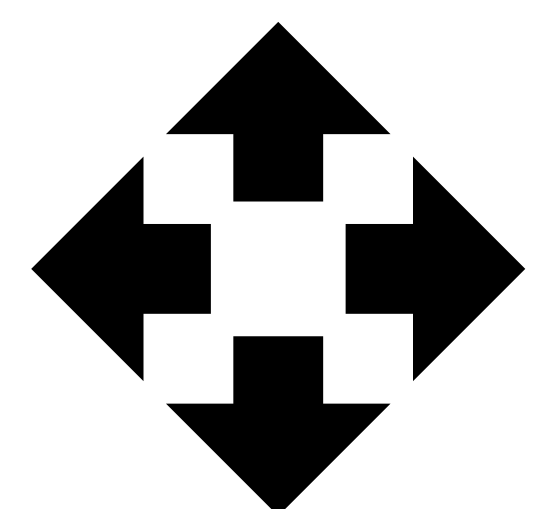
Child Therapy Service

S Listening Games



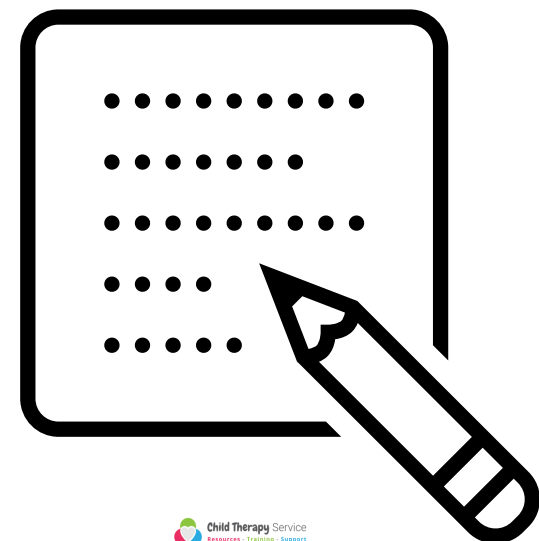
Child Therapy Service

S Following Directions



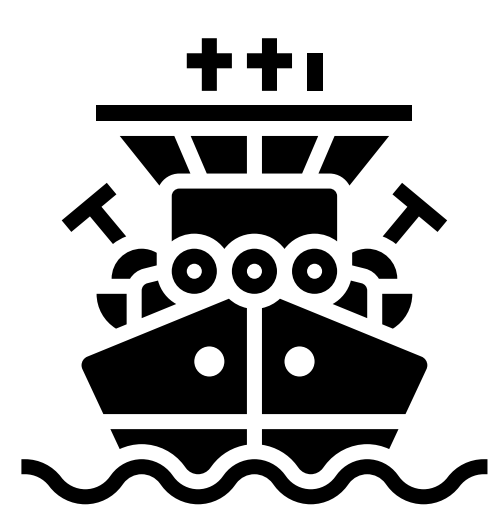
Child Therapy Service

S Circle the Letter **E**



Child Therapy Service

S Playing Battleships



Child Therapy Service

S Nature Walks



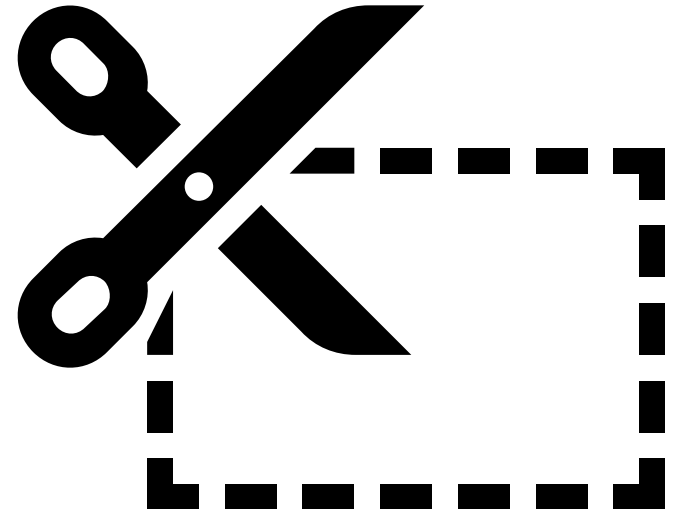
Child Therapy Service

E Eye Spy Games



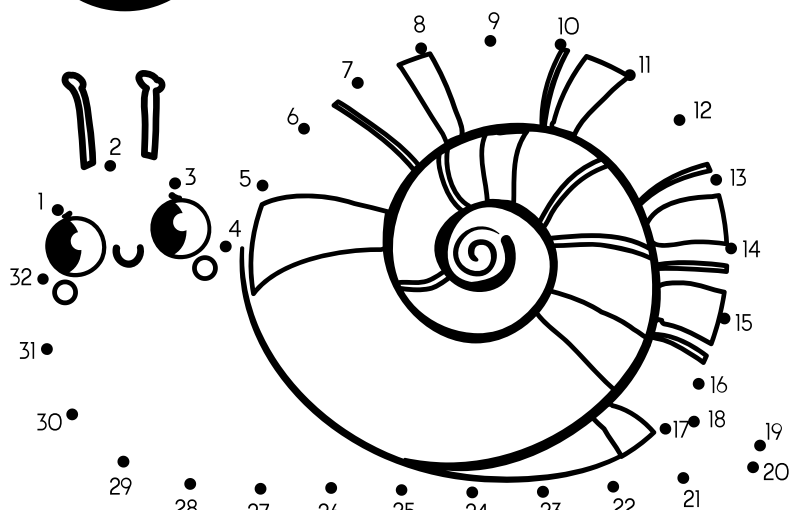
Child Therapy Service
Inclusion Training Support

E Threading/Cutting



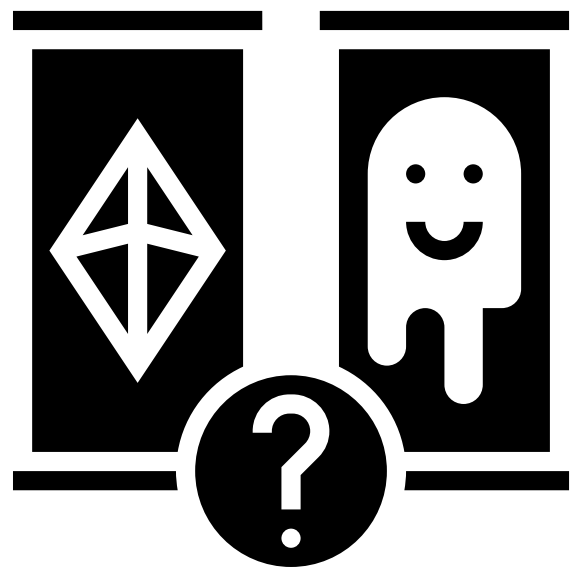
Child Therapy Service
Inclusion Training Support

E Dot-to-Dot



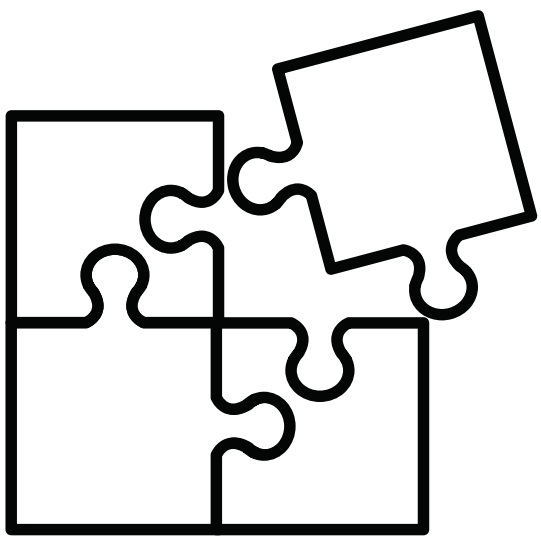
Child Therapy Service
Inclusion Training Support

E Matching Games



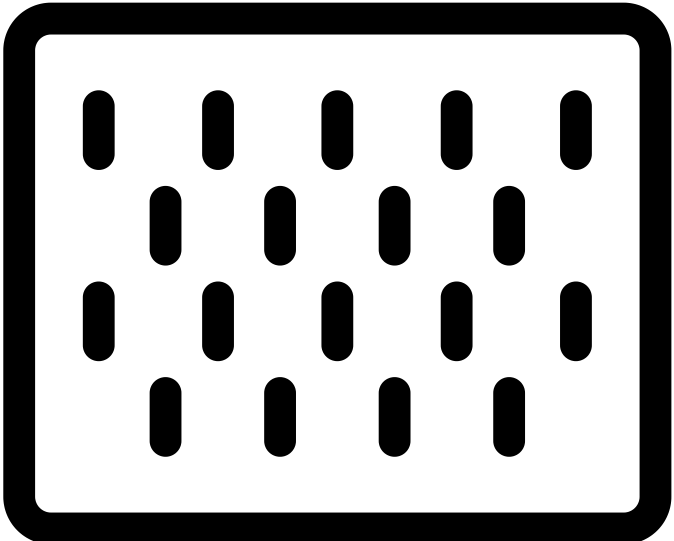
Child Therapy Service
Inclusion Training Support

E Jigsaws



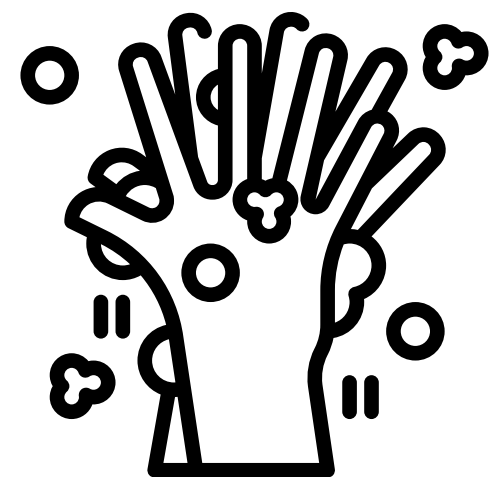
Child Therapy Service
Inclusion Training Support

E Peg Board Games



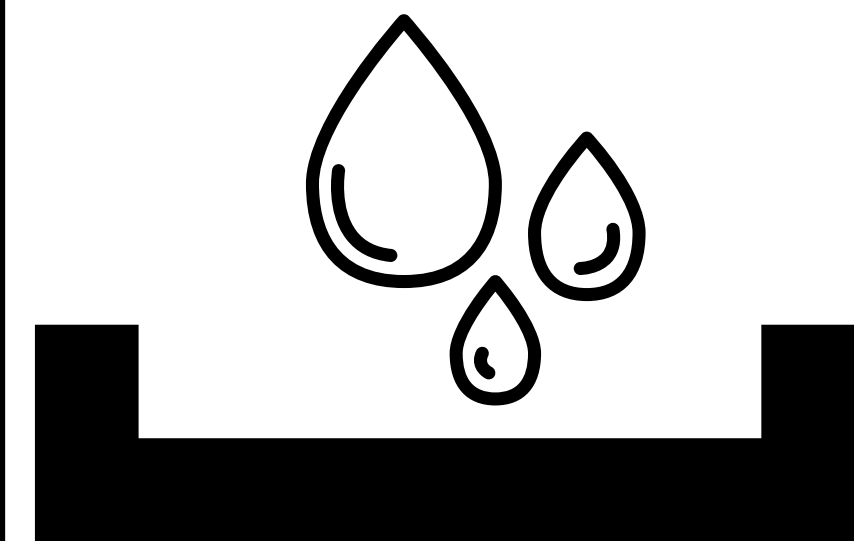
Child Therapy Service
Inclusion Training Support

T Rub Textures on Skin (lotions, etc)



Child Therapy Service
Inclusion • Training • Support

T Water Play



Child Therapy Service
Inclusion • Training • Support

T Feelie Bag



Child Therapy Service
Inclusion • Training • Support

T Finger Painting




Child Therapy Service
Inclusion • Training • Support

T Guess what's in the Sand



Child Therapy Service
Inclusion • Training • Support

T Nature-based Textures



Child Therapy Service
Inclusion • Training • Support

