

Sensory Diet

Time	Key Events	Sensory Diet Strategy	Transition Helper
8:00am	Bus to school	Listening to music on iPod Seated near bus driver No child beside them	
8:45am	Arrive at school	Enter classroom 5mins early with EA to get undressed without congestion of other children. Sit in beanbag chair and read a book. Lights in classroom should be dimmed or off if possible.	Visual schedule
9:15am	Circle	Sit on Movin'Sit cushion and hold lap snake on lap	Transition song – review visual schedule
10:00am	Activity Centers	Wall push-ups and chair push-ups prior to beginning activity.	Visual schedule with transition object/card to take to the center. Timer with 2 min warning