

My Child's Sensational Profile

Strengths: _____

Challenges: _____

Response to environments (busy/quiet): _____

Quality of transitions: _____

Response to skill demands: _____

Sensory supports/movement that help my child: _____

Other: _____

Arousal Level of My Child:

Overall: High Low

Arousal goes up when: _____

Arousal goes down when: _____

Optimize (Supporting my child's self-regulation):

Exercises to Energize: _____

Exercises to Restore: _____

Strategies that work to support self-regulation: _____

Thinking Box Supports

These items support my child when he/she needs to concentrate or work independently (food/drink, pressure, breathing, music, quiet spaces, etc)

Activate (Support Body for Learning):

My child's needs support to: MOVE / GO / ENGAGE / CREATE / VISION

Activities to build that foundation are: _____

Regroup (Recover from skill demands):

Activities that will help my child regroup are: _____