SENSORY AND EMOTIONAL REGULATION

Sensory Diet Planner

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A planner for noting sensory activities that already help across a day, so a routine is easier to share at home or in a setting.

This is general information, not occupational therapy, medical or mental-health advice. If a child has a sensory programme from a professional, follow that first. Stop any activity that causes pain, dizziness, distress, or seems unsafe. The phrase "sensory diet" is widely used; this pack is a planner, not a prescribed programme.

Who this is for

Families and settings who want a shared record of what already helps, including where a professional has suggested ideas.

What is inside

- A caution and how-to
- A daily planner
- A "what helps / what does not" list
- A review page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

This is a record, not a prescription

Some children need more movement, deeper pressure, quieter input, or clearer breaks across a day. What helps is individual. Use this planner to write down what already works, what a professional has suggested, and when you will try it. Do not copy a generic list onto a child. This pack cannot design a sensory diet for you.

> **Safety**
> This is general information, not occupational therapy, medical or mental-health advice. If a child has a sensory programme from a professional, follow that first. Stop any activity that causes pain, dizziness, distress, or seems unsafe.

Child or young person's name

Date

People who helped fill this in

What we already know

Sensory things that often help (movement, quiet, pressure, chew, darkness, or something else)

Sensory things that often make things harder

Any advice already given by an occupational therapist or other professional

A day planner

Note one or two helpful activities in a slot, or leave it blank. This is a map, not a timetable that must be obeyed.

	Home	School or setting
Waking / morning		
Mid-morning		
Lunch		
Afternoon		
After school		
Evening		
Bedtime		

Review after a week or two

What we tried, what helped, and what we will stop or change

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk sensory and family resources
- An occupational therapist or other professional, if the person has one
- This pack is not a prescribed sensory diet or a therapy programme

> **A reminder about this free pack**
> This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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