



Bloom ABA

SENSORY TOOL

Sensory Profile Kit

Identify sensory triggers and build a personalised sensory diet for home and school.

What is a sensory diet

A sensory diet is not about food — it is a personalised schedule of sensory input, built by an occupational therapist, that helps a child stay regulated throughout the day. Some children need more input (seeking); others need less (avoiding). Most children are a mix, depending on the sense.

Sensory trigger checklist

Check anything that regularly causes a strong reaction, positive or negative. This is not a diagnostic tool — it is a starting point for a conversation with your child's occupational therapist.

- ☐ Sound — sudden noises, crowded/loud rooms, specific pitches or textures of sound
- ☐ Touch — clothing tags, certain fabrics, hair brushing, unexpected touch
- ☐ Sight — bright or flickering lights, cluttered visual spaces, certain colour combinations
- ☐ Taste & smell — specific food textures, strong smells, mixed foods on a plate
- ☐ Movement — spinning, swinging, being upside down, escalators or elevators
- ☐ Body awareness — seeking deep pressure, bumping into things, unaware of personal space

Building a simple sensory diet

Work through this with your child's OT, but here is a starting structure many families use:

- Morning: a calming or alerting activity depending on your child's needs — heavy work like carrying books, or a slow stretch routine
- Transitions: a consistent, predictable cue before switching activities (a visual timer, a specific song, a countdown)
- Midday reset: a short movement break — trampoline, wall push-ups, a walk
- Overstimulation plan: a pre-agreed "safe spot" and signal your child can use before a meltdown, not just after
- Evening: a wind-down routine that lowers sensory input gradually rather than abruptly

Sample sensory-friendly strategies

- Noise-reducing headphones for loud environments (school assemblies, malls)
- A weighted lap pad or blanket for seated work
- Fidget tools kept in a consistent, accessible spot
- Advance warning before fire drills or schedule changes, where possible
- A visual schedule so transitions are seen coming, not sudden

Designed with Bloom ABA's Toronto-based occupational therapists. Our virtual classroom is also sensory-adjusted — lighting, notification sounds, and pacing are all customisable for each child. Learn more at bloomaba.ca/services/#ot.