



Sensory Passport (example)

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My sensory needs:

Under responsive to:

- Movement
- Proprioception

Over responsive to:

- Touch
- Noise
- Visual

Sensory Motivators:

- Rough and tumble play
- Climbing
- Squeezing into small spaces
- Spending time in the sensory room (particularly watching the bubble tube)
- Forest school
- Carrying pebbles in my pockets (new behaviour)

Sensory Triggers:

- Messy play
- Sudden loud sounds (e.g. peers shouting)
- Loud music on the IWB
- Assembly
- Food touching on my plate
- Wearing socks
- Sitting still

Sensory Accommodations:

Environmental:

- Alternative seating in class (e.g. rocker chair)
- Access to sensory equipment in class as continuous provision (e.g. peanut ball, trampette)
- Turn sound down on IWB
- Access to a quiet, low stimulus learning space

Individual:

- Make sure different foods do not touch at lunch time
- Access the sensory room during Assembly. I can also complete climbing activities outside whilst Assembly is happening
- Regular movement breaks
- Use utensils for messy play and / or dry texture resources
- Reasonable adjustments to uniform expectations; I wear crocs (without socks) for outdoor play

Sensory Strategies:

Walk a lap of the school field (wearing backpack for weight) before starting morning learning tasks

Deep pressure:

- Sitting with weighted snake across shoulders
- Sitting in a bean bag (add a weighted blanket for more sensation)
- Deep pressure with a gym ball

Heavy muscle work:

- Climbing frame
- Green gym
- Wall push-ups
- Sensory circuit (when hall available)
- Wear weighted backpack when walking around school (to replace sensation of pebbles in pockets)

Signs I am becoming dysregulated:

- Pacing
- Loud vocalisations/ shouting
- Tensing my muscles
- Increase in stimming behaviours
- Banging