



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
- Jumping on mini trampoline/sofa
- Squeezing into small spaces
- Spending time at the play gym/park
- Tight hugs (on my terms)

Sensory Triggers:

- Messy play
- Sudden loud sounds (e.g. siblings crying)
- Food touching on my plate
- Wearing clothing with labels/seams
- Going to the supermarket (particularly at busy times)

Calming Sensory Strategies:

Deep pressure:

- Sitting in a bean bag/squish box filled with teddies
- Lying 'in a sandwich' between sofa cushions
- Deep pressure with a gym ball or space hopper. [Steam-rollers - YouTube](#)

Heavy muscle work:

- Climbing frame
- Pushing a pram full of heavy toys
- Playing on sit and ride toys
- Helping to put tins away after shopping
- Pounding play doh using extruder tool

Supporting Sensory Needs:

Nursery:

- Sitting on beanbag at carpet time
- Regular access to active play equipment (e.g. trampette)
- Turn sound down on interactive white board
- Access to sensory tent/den space if becoming overwhelmed.
- Use utensils for messy play

Home:

- Using divider plate for meal/snack times.
- Lots of opportunities for active play
- Look at 'sensory smart' clothing [Sensory Smart Seamless socks & more for sensory sensitive kids](#)

Signs I am becoming overwhelmed:

- Pacing/running back and forth
- Loud vocalisations/shouting
- Throwing toys
- Increase in sensory behaviours