

Sensory Diet:

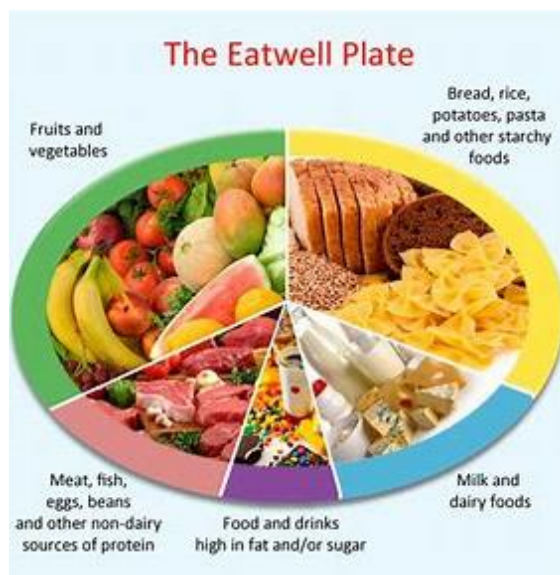
Name

Using The Zones of Regulation

| | |
|------------------------|--|
| Name: | |
| DOB: | |
| NHS Number: | |
| School Setting: | |
| Date: | |

What is a Sensory Diet?

- A sensory diet is an American term used to describe a sensory programme that is carried out as part of someone's timetable each day
- A healthy diet contains a balance of food from different food groups to meet nutritional need
- A sensory diet contains a bespoke balance of sensory activities to meet an individual's specific sensory needs



What are the Zones of Regulation?

The Zones of Regulation uses colours to express both feelings and alertness levels. It can help to explain how awake, happy, or upset we are feeling

BLUE

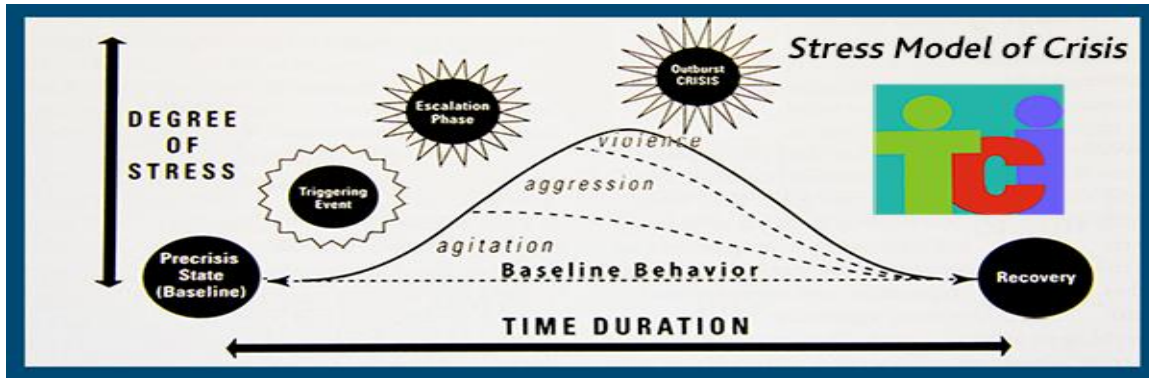
GREEN

YELLOW

RED

What the different colours represent:

| Blue | Green | Yellow | Red |
|--|---|--|---|
| <ul style="list-style-type: none"> • Sleepy • Sad • Low mood • Unwell • Low energy • Hurt / pain | <ul style="list-style-type: none"> • Feeling good • Content • Ready to learn • 'Just right' energy levels | <ul style="list-style-type: none"> • Becoming over excitable or 'giddy' • Getting anxious / stressed • Becoming hyperactive • Getting agitated | <ul style="list-style-type: none"> • Very anxious • Very 'hyper' or 'giddy' • Very angry • Distraught • Crisis point • Out of control • Unsafe |



| | | |
|-------------|---|----|
| Red Zone | Crisis (possible violence) | 5 |
| | Distressed behaviours (possible aggression) | 4 |
| Yellow Zone | Agitated | 3 |
| | Unsettled | 2 |
| Green Zone | Calm (or what 'calm' looks like for me) Happy Able to Learn | 1 |
| Blue Zone | Zoning out | -1 |
| | Asleep | -2 |

Stress Model of Crisis from: **Therapeutic Crisis Intervention, Cornell University

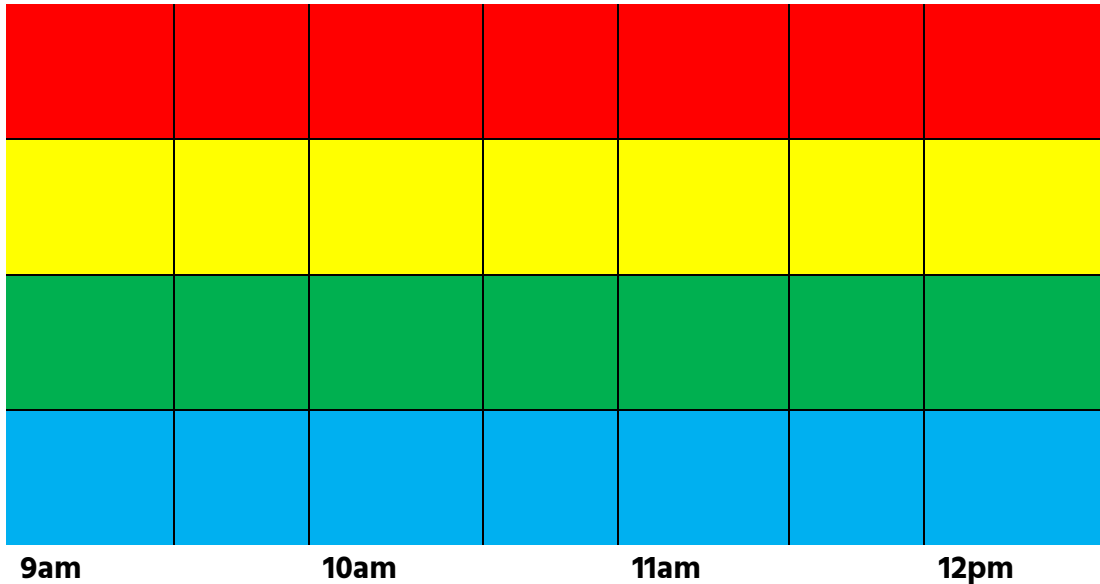
Which Zone am I In?

Red Zone

Yellow Zone

Green Zone

Blue Zone

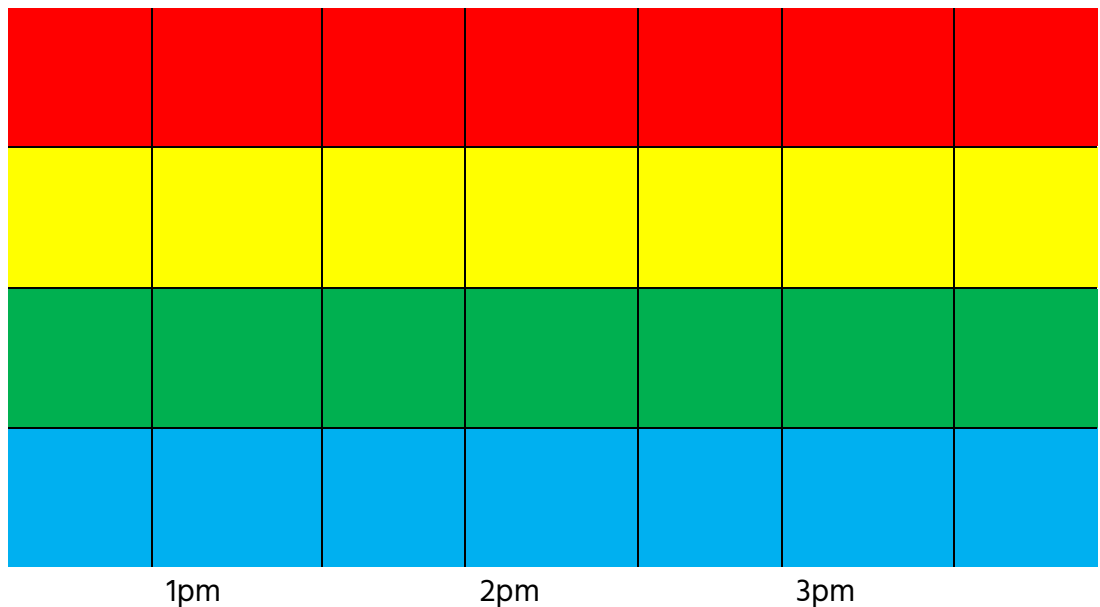


Red Zone

Yellow Zone

Green Zone

Blue Zone



Key Information from Sensory Passport:

Large empty rounded rectangle for key information from the Sensory Passport.

Blue Zone:

(low energy / slow to get going)

- Increase brightness of lighting
- Splash face with cold water
- Go for a walk outdoors
- Sip a cold drink through a straw
- Gentle stretching or simple yoga poses
- Explore tactile / fidget items with different textures (e.g. spiky ball, stretch animals etc.)
- Manipulate resistive therapy putty
- Sit and bounce on a peanut ball
- Simple sensory walkway or sensory circuit (based on crawling and weight-bearing activities)
- Action songs / marching
- Crunchy / chewy snacks

NB: As soon as **Name** is more alert, switch to **Green Zone** activities to prevent them becoming over-stimulated

Green Zone

- Wear a weighted backpack** when transitioning around school
- Outdoor climbing equipment (e.g. Trim trail, Climbing frame)
- Outdoor jobs (e.g. carrying equipment, using a yard brush, gardening)
- Handing out books
- Forest school activities
- Move and stack old tyres to help create an obstacle course
- Scooter board activities in the hall
- Yoga (particularly sustained poses which involve weight-bearing through the hands e.g. downward dog)
- Dynamic classroom seating
- Power-up Corner <https://www.locala.org.uk/services/sensory-occupational-therapy-service>
- Daily sensory circuit or movement group (based on Motor Skills United.
- Use tactile manipulatives which can be squished or pulled apart (NB: hand therapy resources work well as they provide lots of proprioception)
- Name will also require scheduled decompression time to prevent building agitation / sensory overload from ongoing exposure to sensory triggers

** Weighted items should be no more than 10% of Name's bodyweight.

NB: Complete Green Zone activities throughout the day to maintain a well-regulated state

Yellow Zone

(agitated or over-whelmed)

- Lie over a gym ball and rock gently back and forth
- Squeeze into a Lycra loop or body sock
- Lie in a 'sandwich' between heavy cushions or beanbags (keep head free)
- Climb inside a large cardboard box
- Sit with weighted product on your knee
- Wrap self in a soft blanket
- Chew product
- Calming sensory visual toys / resources
- Quiet time outside (e.g. in forest school / garden space)
- Watch clouds, trees swaying in the breeze etc.
- Use sensory blockers (e.g. ear defenders or noise cancelling headphones)

NB: Try out Yellow Zone activities when **Name** is calm (to ensure they respond positively to them) before using them for calming

Red Zone

- Keep me safe
- Give me space (if safe to do so)
- Calming music can help (if I am ok with this)
- Stay present, in close proximity to me, but do not talk to me (unless I initiate this)
- Remove excess sensation from my surroundings where possible (dim lights, remove peers)
- Avoid any further demands (no matter how small) until I am fully calm and regulated

NB: Once **Name** is out of crisis, use **Yellow Zone** activities to help bring them back to **Green Zone**

Additional Information:

Training:

- Parents sensory training: <https://www.locala.org.uk/services/sensory-occupational-therapy-service/talking-sense-training>
- School training [locala.org.uk/test-services/sots/information-for-schools/sensory-checklist-1](https://www.locala.org.uk/test-services/sots/information-for-schools/sensory-checklist-1)
- Sensory training for young people (10 years and older) <https://www.locala.org.uk/services/sensory-occupational-therapy-service/information-for-young-people/talking-sense-guide-for-young-people>

Equipment:

- Indoor play equipment: <https://gorilla-gym.com/en/>
- Wedge-shape air cushion [https://www.sensorydirect.com/wedge-cushion-junior?utm_source=bing&utm_medium=cpc&utm_campaign=Shopping%20%3E%20Catch-All%20\(Microsoft%20Ads\)&utm_content=Wedge%2FWobble%20Cushions&utm_term=MVG05GRN&msclkid=964d54a0d6f61c5816ce30a053a20d30](https://www.sensorydirect.com/wedge-cushion-junior?utm_source=bing&utm_medium=cpc&utm_campaign=Shopping%20%3E%20Catch-All%20(Microsoft%20Ads)&utm_content=Wedge%2FWobble%20Cushions&utm_term=MVG05GRN&msclkid=964d54a0d6f61c5816ce30a053a20d30)
- Lycra Body Sock [Sensory Direct | Gross Motor - Sensory Body Sock](#)
- Scooter boards [TTS Educational Resources Search Results \(tts-group.co.uk\)](#)
- Peanut ball: [Peanut Therapy Balls | Antiburst Therapy Peanut Balls \(sensorydirect.com\)](#)

Books / Programmes:

- Motor Skills United: <https://www.tts-group.co.uk/motor-skills-united-occupational-therapy-programme/1002394.html>
- Sensory Circuits: [Sensory Circuits: A Sensory Motor Skills Programme for Children : Horwood, Jane: Amazon.co.uk: Books](#)
- Scooter board activity ideas: [Educational Toys | Life Skills | Social Skills - Scooter Board Fun Deck \(sensorydirect.com\)](#)
- Mindfulness Yoqa: <https://www.locala.org.uk/services/sensory-occupational-therapy->