

Sensory Diet For Autism & ADHD

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A sensory Diet is a personalized set of activities that provide the right kind and amount of sensory input throughout the day. It helps to **improve attention, self-regulation, behavior and overall participation in daily activities.**

Goals:-

- Improve focus and attention.
- Reduce hyperactivity and impulsivity.
- Improve self regulation and emotional control.
- Support motor planning and coordination.
- Promote calm , organized and happy states.

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Types Of Sensory Input

1. ALERTING (TO INCREASE ALERTNESS)

- Jumping on trampoline
- Heavy work (Pushing/Pulling)
- Animal walk (Bear, Crab , Frog)
- Spinning/Swinging
- Deep Pressure Activities

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2. CALMING (TO DECREASE OVERSTIMULATION)

- Deep pressure hug
- Wall push
- Slow swinging
- Listening to soft music

- Quite time in a cozy space

Sensory System & Activities

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Sensory System	Activities
Vestibular (Movement)	Swinging, sliding , spinning , rocking , balance activities , hopping.
Proprioceptive (Body Awareness)	Pushing ,Pulling , carrying heavy objects, jumping, climbing
Tactile (touch)	Play with sand , rice , water , playdough , different texture , finger painting
Auditory (hearing)	Listening to music , rhythmic clapping using headphones in noisy places.
Visual (Sight)	Color sorting , Puzzles , Looking at books , tracing shapes.
Oral/Gustatory (Taste & Mouth)	Chewy tubes , Crunchy snacks , blowing bubbles, drinking through straw.

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Every child is different.

*Follow your child's sensory needs, **not**
someone else's schedule.*