





MY DAILY SENSORY SCHEDULE

Daily sensory activities schedule

| | | |
|----------------------------------|---|---|
| Morning Activity |  | 5 - 10 Mins of Movement <ul style="list-style-type: none">• Jumping • Swinging• Running• Balance Boards |
| School - Daytime Activity |  | Use on Breaks or During Transitions <ul style="list-style-type: none">• Fidget Spinners• Weighted Lap Pad• Chewable Jewelry |
| After School - Late Day Activity |  | Heavy Work to Release Energy <ul style="list-style-type: none">• Pushing a Vacuum• Carrying Books• Climbing • Tug-O-War |
| Evening Activity |  | Calming Activities to Support Sleep <ul style="list-style-type: none">• Weighted Blanket• Sensory Lamp or Projector• Sound Machine |

How to Use the Daily Sensory Schedule

The Daily Sensory Schedule is a visual guide that recommends sensory strategies at four key times of the day. It helps balance movement and calming activities so children feel regulated, focused, and ready for daily life.

1. Display the Poster

- Print in color or grayscale (lamine for durability).
- Hang in a visible spot — bedroom, classroom wall, or calm-down corner.
- Review the poster with your child/students so they understand what each section means.

2. Follow the Four Time Slots

- ■ Morning: Start the day with 5–10 minutes of movement (jumping, stretches, yoga) to wake up the body and brain.
- ■ School Daytime: Use focus and transition supports (fidgets, chair push-ups, headphones) during class or between activities.
- ■■ Afternoon: Add heavy work or active play to release built-up energy (playground, lifting, wall push-ups).
- ■ Evening: End the day with calming strategies (deep breathing, weighted lap pad, soft music, stretching).

3. Tips for Success

- Use the poster as a reminder tool — point to it before each slot of the day.
 - Keep it flexible: swap in similar activities if one doesn't work.
 - Model the activities yourself — kids love to join in.
 - Reinforce success: "That stretch helped your body calm down before bed — great job using your schedule!"
- Remember: The poster is a guide, not a strict routine. Adapt it to fit your child's unique needs and daily rhythms.