

Therapy Sensory Safety Tool

_____ **What makes you feel upset?** (Please circle all that apply)

Touch

Being touched



Too many people



See

Darkness



Loud noises



Hear

Yelling



Thunderstorms



Missing someone



Other

Being left alone



being told no

NO.

Being surprised



Having a fight with a friend



Being Hungry



Being tired



Not having visitors



Someone being mean



Being sick



Certain time of the year



Certain time of day /night



Having my door open



Not being able to get into my room



Hearing difficult news



Not feeling listened to



Eating my meals



Comfort eating



Being asked to do something that you don't want to do



Is there anything else which makes you upset?

.....

What happens to my body/ what do I do when I am angry, upset or scared? (Please circle all that apply)

Crying



Clench teeth



loud voice



Red hot face



Laughing/ giggling



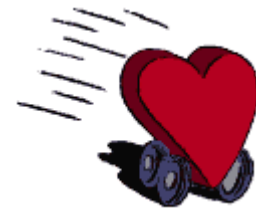
Being mean / rude



Swearing



Racing heart



Breathing hard



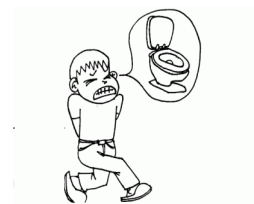
Wringing hands



Clenched fists



Upset stomach



Shaking/ tapping



Jumping up / down stamping feet



Rocking



Hyper



Running/ pacing



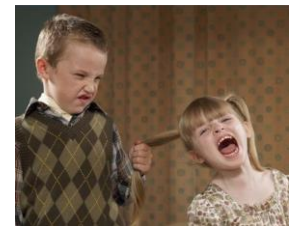
Fighting



Hurting myself



Hurting others



Be alone



Don't eat



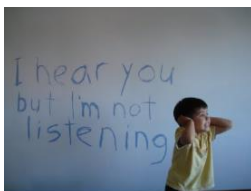
Being mean



Hating everyone



Not listening / hearing



Is there anything else which you do when you are feeling like this?

.....

_____What makes you feel better?

Touch

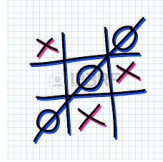
Writing



Fidget tools



Playing games



Toys / blocks



Having a bath / shower



Stress ball / play dough



Drawing/ colouring



Wrapping myself in a heavy blanket



Playing with tactile objects



Is there anything other objects you touch of feel which make you feel better?

.....

See

Reading



Watching TV



looking at pictures



Using a computer



Sitting in a darkened room



Juggling



Being outdoors in nature



Is there anything else you look at that makes you feel better?

.....

Movement

Sitting in a rocking chair



Swinging



Dancing



Sports



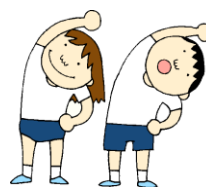
Sitting on a Pilates ball



Walking



Stretching



Is there any other movements which make you feel better?

.....

Hear

Talking on the telephone



Listening to music



Singing or humming



Quiet place



Counting to ten (backwards?) Repeating a positive mantra



Do you prefer music that is loud soft

Any other sounds/ music which help you feel better?

.....

Pressure/ Touch

Hugging a stuffed animals



Hugging pet



Climbing



Sitting in a bean bag/chair



weighted blanket



Exercise



Holding something meaningful



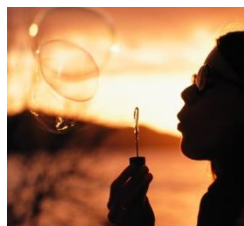
Sitting on a therapy ball



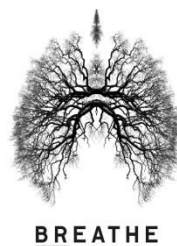
Having a hug



Blowing bubbles



Deep breathing



Any other activities which make you feel better?

.....

Smell

Are there any smells which make you feel better?

.....

Taste

Are there any tastes which make you feel better?

.....

(e.g Chewy, Crunchy, Salty, Sour, Spicy, Sweet)