# Therapy Sensory Safety Tool

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

<table>
<thead>
<tr>
<th>Touch</th>
<th>See</th>
<th>Hear</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being touched</td>
<td>Too many people</td>
<td>Darkness</td>
<td>Missing someone</td>
</tr>
<tr>
<td>Touch</td>
<td>See</td>
<td>Hear</td>
<td>Other</td>
</tr>
<tr>
<td>Being left alone</td>
<td>being told no</td>
<td>Being surprised</td>
<td>Having a fight with a friend</td>
</tr>
<tr>
<td>Being Hungry</td>
<td>Being tired</td>
<td>Not having visitors</td>
<td>Someone being mean</td>
</tr>
</tbody>
</table>
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)

<table>
<thead>
<tr>
<th>Crying</th>
<th>Clench teeth</th>
<th>loud voice</th>
<th>Red hot face</th>
</tr>
</thead>
<tbody>
<tr>
<td>🙋‍♂️</td>
<td>🍔</td>
<td>🎆</td>
<td>🎀</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Laughing/ giggling</th>
<th>Being mean / rude</th>
<th>Swearing</th>
<th>Racing heart</th>
</tr>
</thead>
<tbody>
<tr>
<td>😄</td>
<td>🙅‍♂️</td>
<td>😷</td>
<td>🎀</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Breathing hard</th>
<th>Wringing hands</th>
<th>Clenched fists</th>
<th>Upset stomach</th>
</tr>
</thead>
<tbody>
<tr>
<td>🐶</td>
<td>🦵</td>
<td>⚡</td>
<td>🧢</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Sitting in a rocking chair</th>
<th>Swinging</th>
<th>Dancing</th>
<th>Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Rocking Chair" /></td>
<td><img src="image" alt="Swinging" /></td>
<td><img src="image" alt="Dancing" /></td>
<td><img src="image" alt="Sports" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sitting on a Pilates ball</th>
<th>Walking</th>
<th>Stretching</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Pilates Ball" /></td>
<td><img src="image" alt="Walking" /></td>
<td><img src="image" alt="Stretching" /></td>
</tr>
</tbody>
</table>

Is there any other movements which make you feel better?

Hear

<table>
<thead>
<tr>
<th>Talking on the telephone</th>
<th>Listening to music</th>
<th>Singing or humming</th>
<th>Quiet place</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Talking" /></td>
<td><img src="image" alt="Listening" /></td>
<td><img src="image" alt="Humming" /></td>
<td><img src="image" alt="Quiet Place" /></td>
</tr>
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</table>
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)