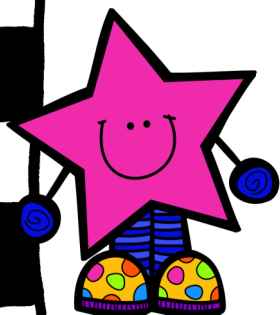


# Be a Sensory Star! at Home

## Picture Cards



Color Version



# Picture Cards



## Be a Sensory Star! at Home

### Materials Needed:

- Small stress ball
- Picture Cards

### Instructions to Print:

1. Print out picture cards (pages 4-9) double sided.
2. Laminate or print on heavy cardstock.

### Purpose:

- These picture cards visually depict a sensory strategy that can be easily copied by a child in the home/community setting.

### Home/Community Use:

1. Explain education handout with caregiver/parent.
2. Teach/Review each sensory star strategy.
3. Based upon the needs of the child, select and customize the most appropriate strategy card(s).
4. Each card can be placed on the table, on a ring, or flip chart to allow for a visual of strategies.
5. These picture cards can conveniently be utilized in a variety of home and community settings.
6. It is easy to integrate these sensory strategies into busy schedules, especially if a child is having a particularly hard time during a part of the day, such as morning or bedtime.

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Star Graphic by Krista Walden <http://www.teacherspayteachers.com/Store/Krista-Walden>



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# Be a Sensory Star! at home



Dear Parents and Caregivers,

Did you know that there is a process that occurs within everyone's brain and body that organizes the sensory input that he or she receives from their eyes (vision/sight), ears (auditory/hearing), skin (tactile/touch), nose (olfactory/smell), mouth (gustatory/taste), muscles and body joints (proprioception/body position), and inner ear (vestibular/position of head/balance)? This process is known as sensory processing. It makes it possible for your child to use the input he or she is receiving from his or her body and the environment in a functional manner. Multi-sensory integration is necessary for almost every activity that we perform because the combination of multiple sensory input is essential for comprehending our surroundings.

A child with well developed sensory processing skills has many advantages. He or she may have the ideal foundation for completing daily living tasks, succeeding at school, playing or using leisure time well, and maintaining friendships.

Children with challenges in sensory processing may display poor modulation. He or she may over react to sensory input and appear defensive. On the other hand, he or she may under react to sensory input and appear sensory seeking. Finally, he or she may fluctuate between these. Such disturbances can have a negative impact on the child's life. A preschooler with impairments in sensory processing may have difficulty with daily routines such as riding in the car, sitting at "circle time", using the climbing toys at the park, and eating meals with the family. A school age child with sensory processing impairments may have difficulty with getting dressed and bathed, riding the school bus, sitting still at their school desk, eating meals in the school cafeteria, and making friends.

One tool to help children with sensory processing challenges is to use picture cards that remind the child to use a simple strategy that promotes self regulation.

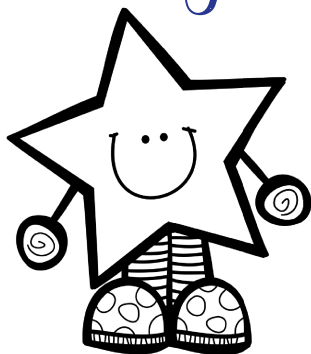
Your child's Occupational Therapist has determined your child may benefit from the use of the "Be a Sensory Star" picture cards at home. Use these picture cards as part of your child's sensory diet to promote improvements in self regulation and daily functioning.

The "Be a Sensory Star" picture cards have illustrations that were designed to be easily copied by your child. The illustrations were developed to provide a visual cue to remind your child to consider using the pictured strategy to regain self control.

Your child's therapist may have included special instructions customized just for your situation:  
**SPECIAL INSTRUCTIONS:**



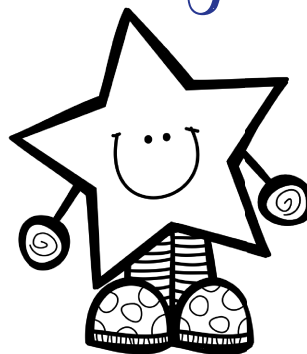
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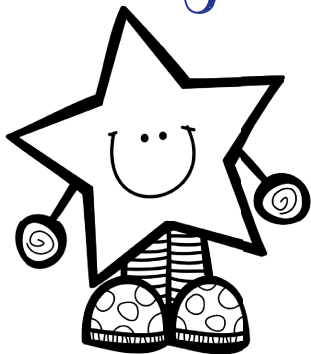
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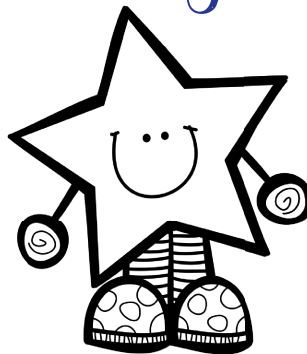
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Be a  
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Push hands on head.  
Repeat \_\_\_\_ times.

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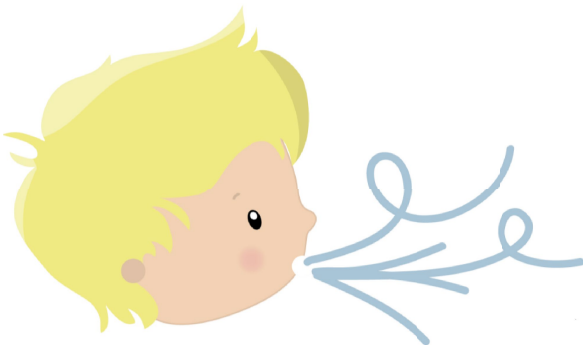
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Cross arms and give  
yourself a hug.  
Repeat \_\_\_\_ times.

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Breath in through nose  
and out through mouth.  
Repeat \_\_\_\_ times.

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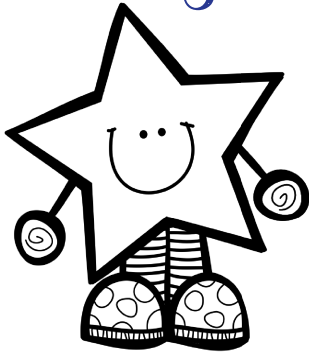


Stretch arms up and down.  
Repeat \_\_\_\_ times.

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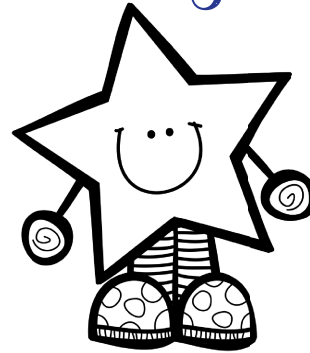
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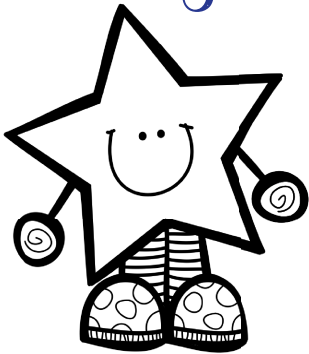
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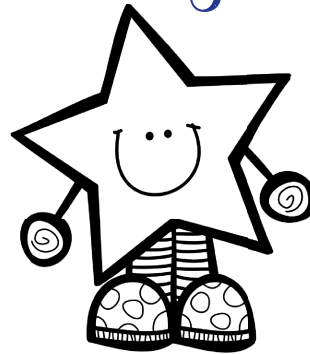
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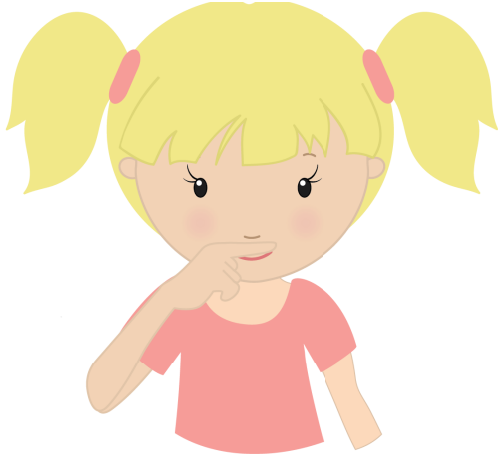
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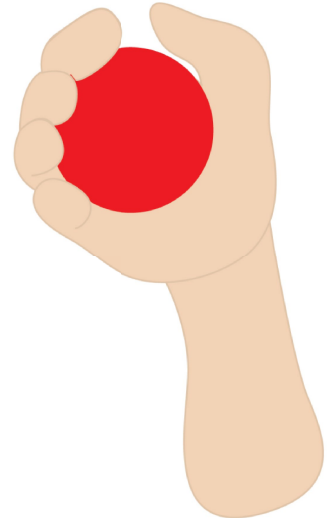




Place finger under  
nose and press.  
Repeat \_\_\_\_ times.

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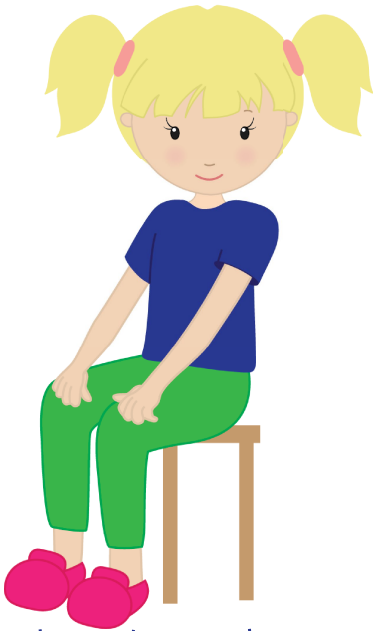
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Squeeze a small ball.  
Repeat \_\_\_\_ times.

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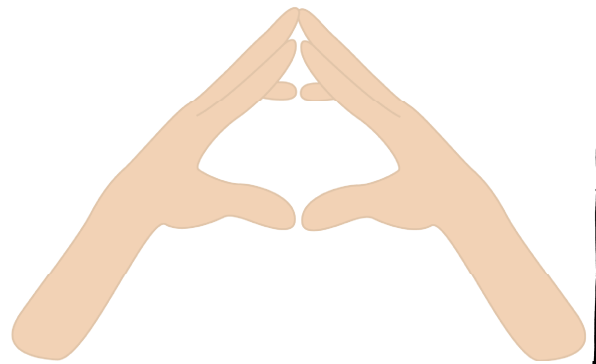
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Place hands on lap and  
gently push down.  
Repeat \_\_\_\_ times.

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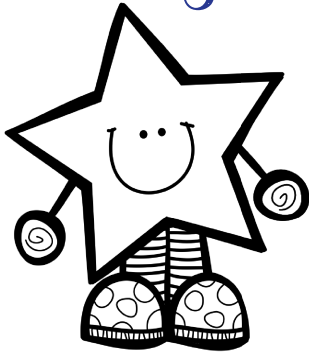


Push fingertips together.  
Repeat \_\_\_\_ times.

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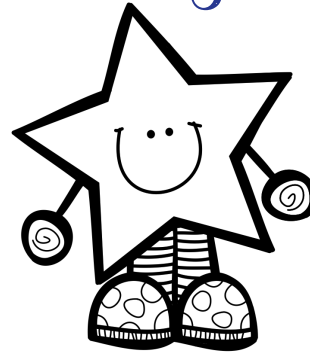
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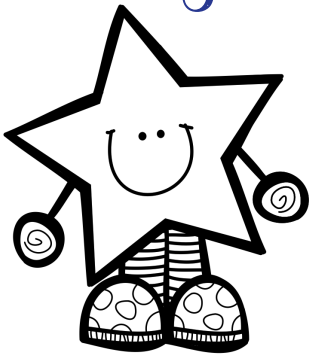
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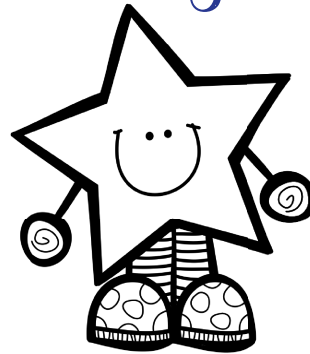
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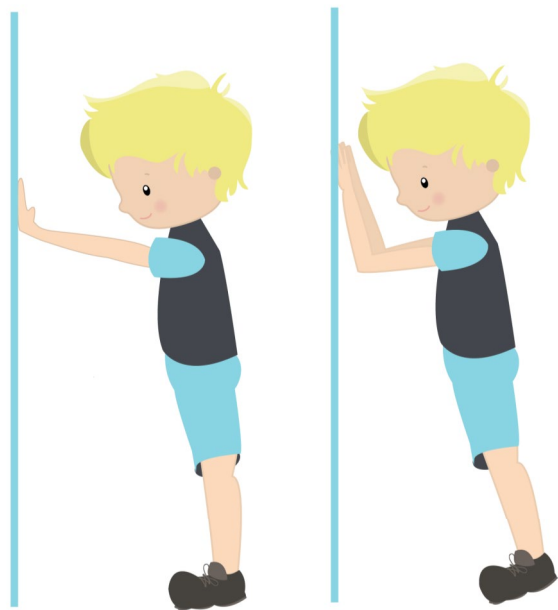




Do chair push ups.  
Repeat \_\_\_\_ times.

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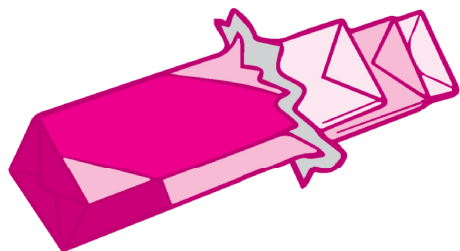
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Do wall push ups.  
Repeat \_\_\_\_ times.

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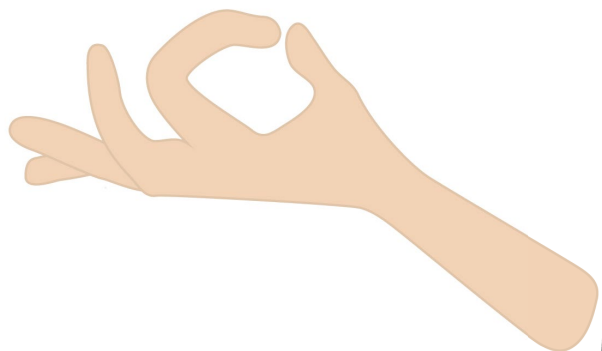
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Chew Gum.

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Touch each finger  
to your thumb.  
Repeat \_\_\_\_ times with  
each hand .

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