

“A sensory diet is a group of activities that are specifically scheduled into a child's day to assist with attention, arousal and adaptive responses. The activities are chosen for that child's needs based on sensory integration theory. ... These activities are designed to produce a positive effect on a child.”

Here are sensory diet tools I've got on the website. Use them in parent education and conferencing or as recommended reading.

Outdoor Sensory diet activities: <https://www.theottoolbox.com/outdoor-sensory-diet-activities/>

Sensory diet activities for the backyard: <https://www.theottoolbox.com/outdoor-sensory-diet-activities-for-backyard/>

Sensory diet activities for a hike or playing in the woods: <https://www.theottoolbox.com/outdoor-sensory-diet-activities-for-playing-in-the-woods/>

What is a sensory diet? <https://www.theottoolbox.com/what-is-sensory-diet/>

Goals of a sensory diet: <https://www.theottoolbox.com/goals-of-sensory-diet/>

Sensory diet activities in backyard playground equipment: <https://www.theottoolbox.com/sensory-diet-activities-at-playground/>