



Learning Services

23000 – 116 Avenue,
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School:

Student:

Please refer to the [Sensory Snacks and Meals Handout](#), and Sensory Packages [Part 1](#) and [Part 2](#) for activity ideas.

Is heavy work or deep pressure (or both) more appropriate for this student?

Sensory Meals: *The student should have 3 sensory meals in the day (before recess, between recess and lunch and in the afternoon). These should include either deep pressure or heavy work (depending on the student).*

Sensory Meal #1:

Time:

Location:

Activity Ideas:

Sensory Meal #2:

Time:

Location:

Activity Ideas:

Sensory Meal #3:

Time:

Location:

Activity Ideas:

Sensory Snacks: *Sensory snacks occur before/after/in between the 'sensory meals' to top up regulation as needed. They should be quick, easy a readily accessible and take no longer than 5 minutes.*

Sensory Snack Ideas: