



Learning Services

23000 – 116 Avenue,
Maple Ridge, BC, V2X 0T8

Telephone: (604) 467-110; Fax: 467-7079

School:

Student:

Refer to these handouts on OT Resource page of Learning Services website: [Universal Sensory Diet: Snacks & Meals - Handout](#) and Universal Sensory Strategy Packages: [1](#) & [2](#)

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: