



My Sensory World

Sensory differences are real. Understanding what your nervous system seeks, avoids or finds overwhelming can make everyday life more manageable.

Sounds I enjoy or find regulating

Sounds that overwhelm or distract me

Lighting and visual environments that work for me

Textures, clothing or touch I prefer

Smells or tastes that affect me strongly

Movement or sensory input I seek

Sensory tools or adjustments that help

One sensory need I want to respect more is...
