

My Sensory Check-In

Sensory needs can change from moment to moment. Something that usually feels fine may feel like too much today, while another kind of input might help you feel more settled. Use this page to notice what your senses are asking for without judging the answer.

How does each sense feel right now?

Mark anywhere on each line. There is no ideal place to be.

Sound



Light / visual input



Touch



Movement



Smell / taste



What feels like too much at the moment?

What kind of input might feel helpful?

Quiet

Dimmer light

Pressure / weight

Movement

Something familiar

Fresh air

One sensory adjustment I could try:

**Sensory comfort is not about making every environment perfect.
Small changes can sometimes make it easier for your nervous system
to meet what the rest of the day is asking from you.**