

Sensory Diet Daily Schedule

A sample plan for a child with ADHD. Tick each activity when done. Swap activities to suit your child, and follow your OT's advice.

Time and activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wake up Animal walks or trampoline, 5 min							
Before school Carry own bag; walk or scoot							
Before first lesson Wall push-ups × 10							
Mid-morning Movement break or classroom job							
Lunch Active play: climb, run							
Afternoon Chair push-ups; quiet fidget							
After school 30–60 min outdoor play							
Before homework 5 min heavy work							
Bedtime Bath, slow stretches, pillow squeezes							

My calming choices

Bear hug	Slow breathing	Headphones	Calm corner
Squeeze ball	Pillow sandwich (head out)	Drink through a straw	Rocking

My alerting choices

Star jumps	Cold water	Crunchy snack	Dance break
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