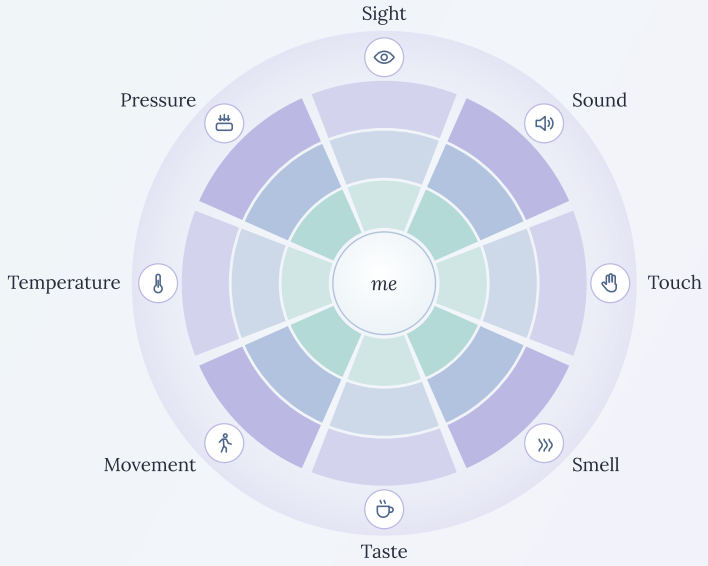
My Sensory Regulation Toolkit

PRACTICE · A PERSONALISED SENSORY INVENTORY

Noticing how sight, sound, touch and more affect you, so you can use them on purpose

The same sensory input can feel *settling*, *energising* or *overwhelming*, depending on the person, the context and the intensity.



Inner ring · settles me
helps me feel calmer, safer or more grounded

Middle ring · energises me
helps me feel more alert, awake or motivated

Outer ring · overwhelms me
pushes me toward feeling flooded or shut down

Sensory responses can differ between people and may vary with context, stress, fatigue and other factors. There are no right answers here.

01 My sensory inventory

a few words in each box is enough

MY SENSES	WHAT SETTLES ME	WHAT ENERGISES ME	WHAT OVERWHELMS ME
Sight *light, colour, clutter*			
Sound *noise, music, quiet, voices*			
Touch *textures, fabrics, contact*			
Smell *scents, fresh air, perfume*			
Taste *flavours, crunch, drinks*			
Movement *walking, rocking, stillness*			
Temperature *warm, cool, fresh air*			
Pressure *hugs, weight, firm touch*			

02 Putting it to use

my go-to toolkit

When I need to settle, I can...
my top two or three calming inputs

When I need energy, I can...
my top two or three alerting inputs

Nearing overload, I can reduce...
early signs, and what to turn down

SOURCES

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