

Finding My Sensory Balance

A visual guide to sensory needs, triggers, regulation, recovery, and self-advocacy for neurodivergent children



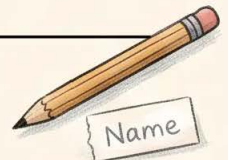
by Prof Bermed

Copyright and About

About This Book

This workbook helps you learn about your sensory experiences. You will notice what feels good, what feels too much, and what helps your body feel calm and sand safe.

This book belongs to:



For educational use. This workbook is not medical advice.



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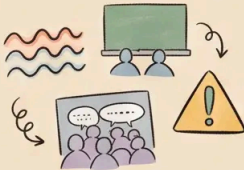
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What Are Our Senses?

Our bodies have eight senses that help us experience the world!



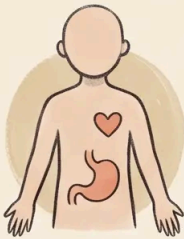
Sight



Hearing



Smell



Inside Feelings



Balance



Body Pressure



Taste



Touch



Body Movement



Everybody Experiences the World Differently

Some people love loud music. Others prefer quiet.
Some love bold flavors. Others like simple tastes.
All ways of experiencing the world are okay!



My Sensory Profile

What helps
my body
feel good?

What My Senses Like



Soft
blanket



Headd-
phones



Bright
light



Strong
smell



Crunchy
snack

What My Senses Don't Like



Swinging
movement



Scratchy
tag



Quiet
corner

I am **learning** what my
senses like and don't like.
This helps me **understand**
myself better.

Things I Love

My senses love some things.
Soft blankets. Gentle music. Fresh air.
What does your body love?



Things That Feel Too Much

Sometimes my senses
feel overwhelmed.

Loud sounds.

Bright lights.

Busy places.

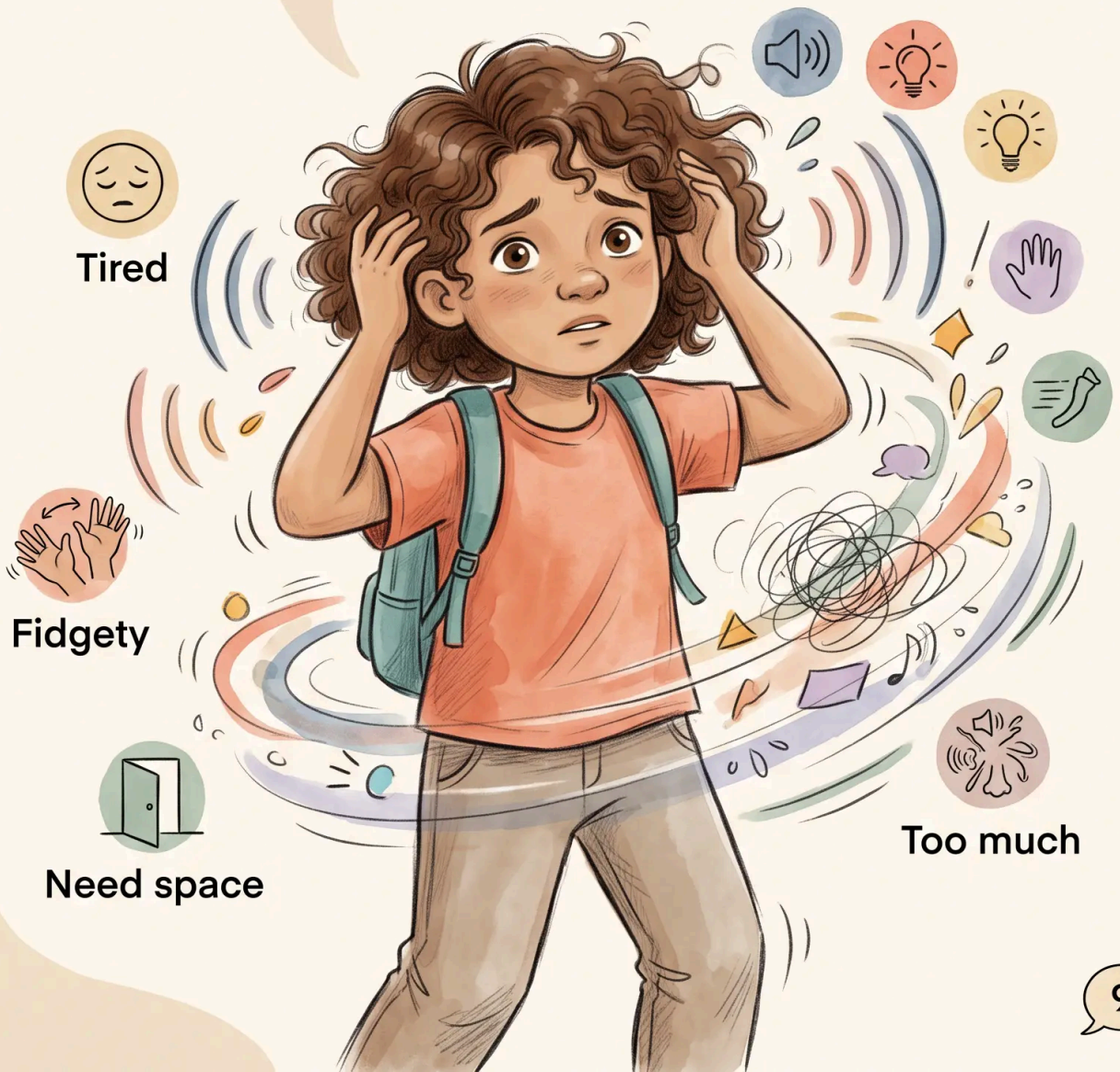
This is normal.



What Sensory Overload Feels Like

When there is too much input, my body might feel:

**Tired. Fidgety. Like I need to escape.
Like everything is too much.**



Tired



Fidgety



Need space



Too much

Busy Classrooms

Classrooms have lots of things happening
at once. Voices. Movement. Lights.
It's okay if this feels like a lot.



Loud Cafeterias

Cafeterias can be very noisy.
Trays clatter. Voices mix together.
My ears might need a break.



Bright Lights

Some lights feel too bright for my eyes.
Fluorescent lights. Sun glare. Flashing
screens. I can ask to dim them.



Strong Smells

'Some smells feel overwhelming.
Perfumes. Cleaning products. Certain foods.
My nose is sensitive, and that's okay.



Scratchy Clothes

Some clothes feel scratchy, tight, or distracting.
Comfortable clothes help my body focus.

Alex is gently noticed
scratchy clothing tag.
Lightly pinch or
shifter shoulders.

Alex lok slightly
uncomfortable,
but thoughtful and
curious.

Alex reaching towards
a softer clothing option,
such as a folded soft
hoodie, tagless shirt,
seamless socks, or
smooth fabric pants.



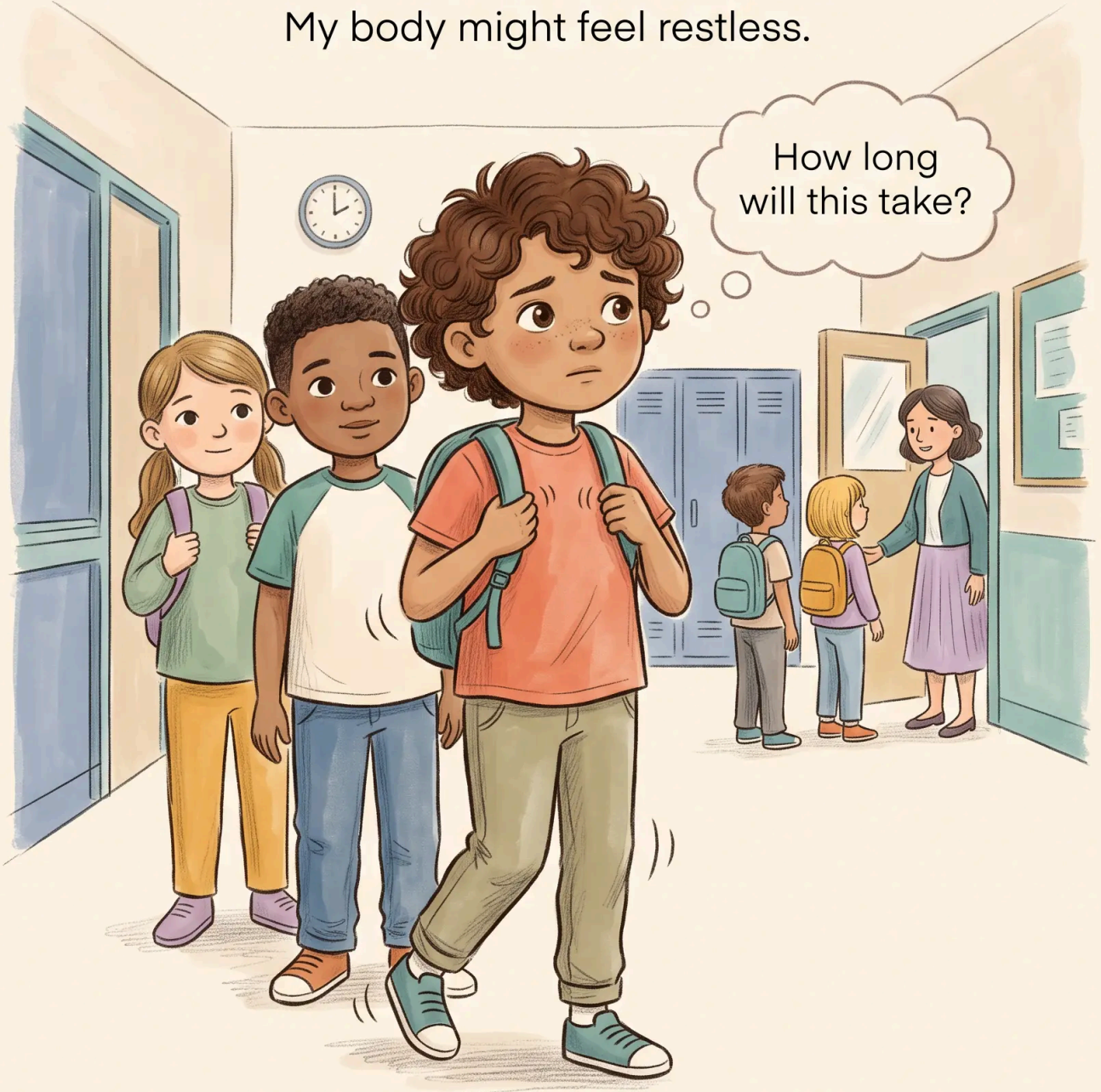
Unexpected Touch

Surprise touches can startle me.
I like knowing before people
touch me.



Waiting in Line

Waiting can be hard.
Standing close to others.
Not knowing how long.
My body might feel restless.



Fire Drills



This is loud,
but I know
what to do.

Fire drills can feel loud and sudden.
I can cover my ears, follow the plan, and
ask for help when I need it.

Feeling Stuck

Sometimes I feel stuck when I'm overwhelmed. I can't think. I can't move. I need time and space.



When My Body Says Too Much

My body sends me signals. A headache. Tight muscles. A fast heartbeat. These signals tell me I may need a break.



My Early Warning Signs

I can notice small signs before
overwhelm gets too big.
Then I can take care of myself.



My Calm Signals

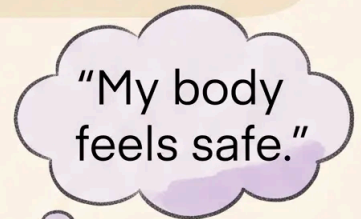
My body tells me when I feel calm.
Relaxed shoulders. Slow breathing.
Quiet thoughts.
I can notice these good feelings too.



relaxed
shoulders



slow
breathing



calm
thoughts



steady
heartbeat



Finding Safe Spaces

Safe spaces help my body reset.
A quiet corner. The library. Outside under a tree.
I can find places that feel good.



Taking Sensory Breaks

Breaks help my brain and body reset.
A short walk, a quiet moment, or slow
breathing can help me feel ready again.



Movement Helps Me

Moving my body can help me feel better.
Jumping. Swinging. Running.
My body likes to move!



Heavy Work Helps Me

Pushing, pulling, and lifting can calm my body. Heavy work helps me feel steady and focused.



Push



Pull

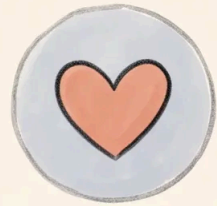
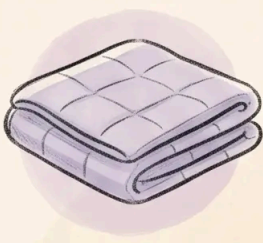


Carry

Deep Pressure Helps Me

Gentle pressure can help my body feel calm.

A weighted blanket, a cozy squeeze, or a safe hug can help me relax.



"This helps me feel steady."

Breathing Helps Me

Slow breathing tells my body it is safe.
I can breathe in... and breathe out.



Quiet Helps Me

Quiet spaces let my brain rest.

Soft sounds. Peace.

Quiet helps me feel like myself again.



Using Sensory Tools

Tools can help my body feel steady.
Headphones, fidgets, sunglasses, and
gum can help me find what works.



Asking for Help

It's brave to ask for help.
I can say: 'I need a break.'
'This is too loud.'
'Can we turn down the lights?'
My needs matter.



It Is Okay to Need a Break



Needing a break
does not mean I did
something wrong.
It means I am
listening to my body.
**Taking care of
myself is brave.**

How to Tell Someone What I Need



I can use **words**,
pictures, or **signals**.

I can say:

‘I need quiet.’

‘I need space.’

‘I feel overwhelmed.’

People want to
help me.

My Sensory Support Plan

I can make a plan for when things feel hard.
What helps me? Who can help? Where can I go?



My Confidence Grows

The more I **understand myself**, the more **confident I become**. I know my needs. I know my strengths. I am learning to **thrive**.



More Resources

You did it! You learned about your sensory needs.

Find more resources from Prof Bermed
on Teachers Pay Teachers



Autism



ADHD



Executive
Functioning



Emotional
Regulation



Sensory
Supports

