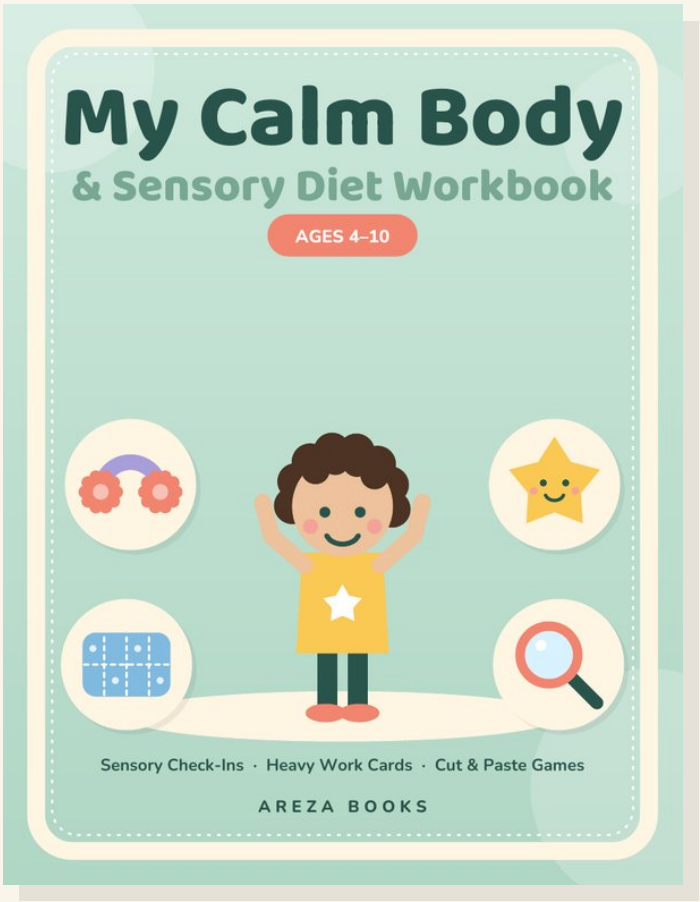

My Calm Body & Sensory Diet Workbook

Wake up, calm down, feel safe · Ages 4–10

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: Sensory check-in: Loud Sounds
- Page 3: Heavy work card: Wall Push-Ups
- Page 4: Sorting game: Wake Up or Calm Down?

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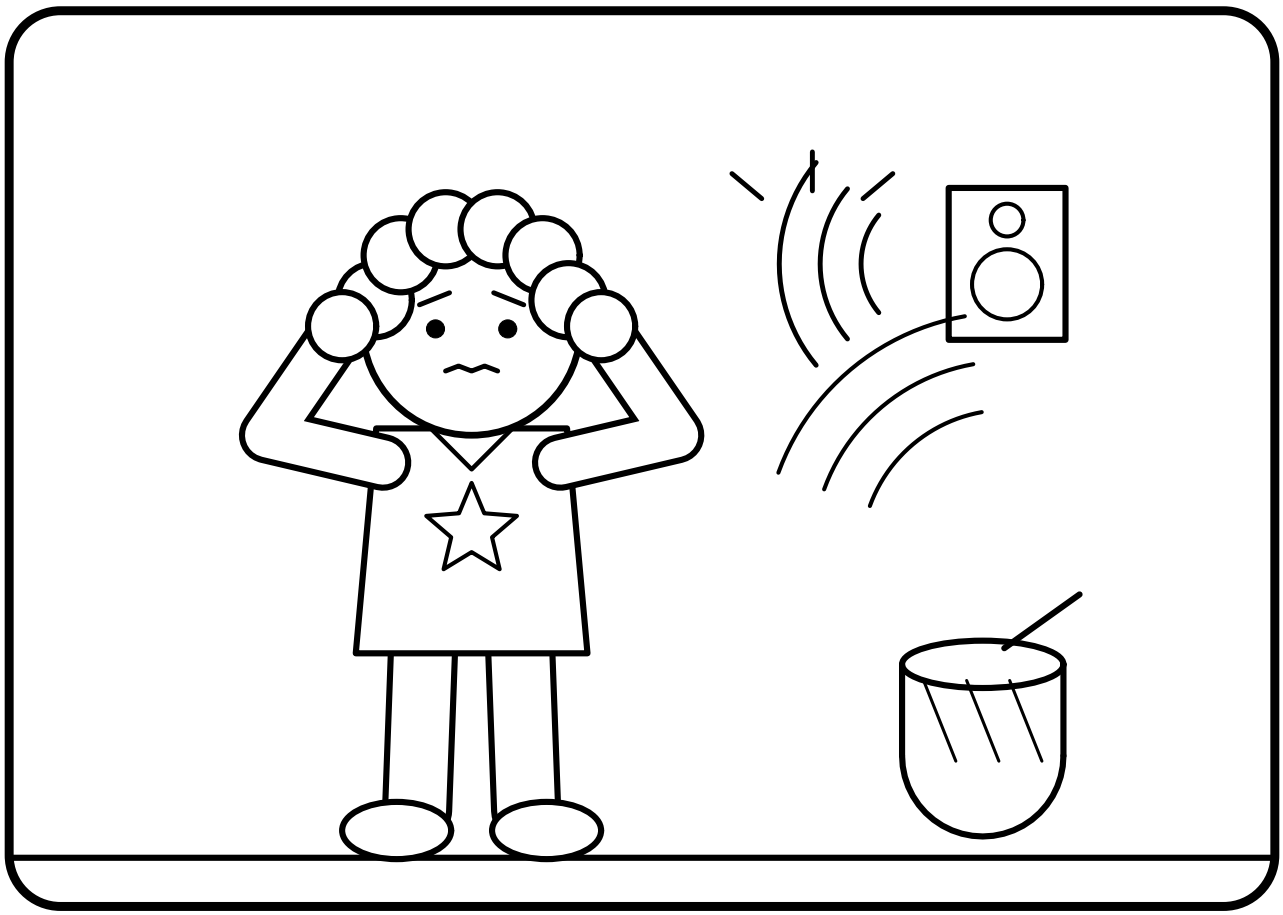
SENSORY CHECK-IN · 1 OF 10

Loud Sounds

Some sounds feel too loud. Color the picture. Do loud sounds bother you?



How does my body feel? Circle one.

Just right

A little much

Too much

What helps me? Color the helpers you like.

Ear muffs

Quiet corner

Squishy star

Big hug

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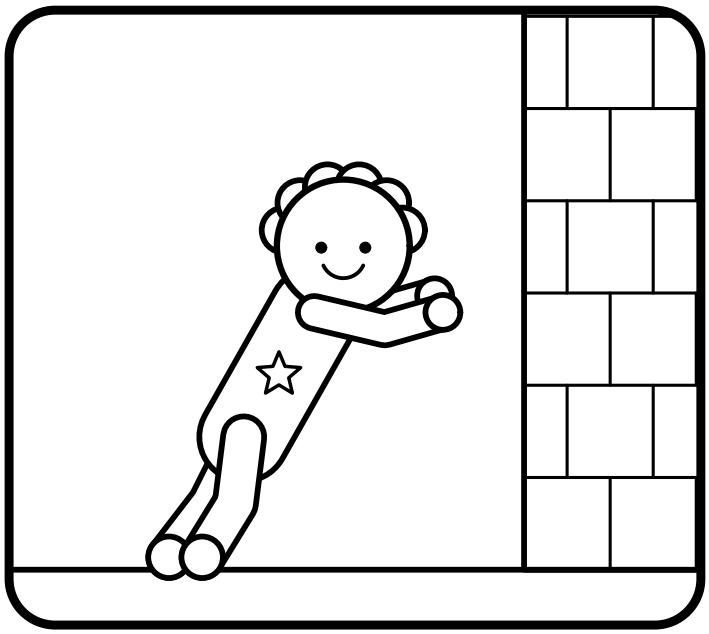
HEAVY WORK CARD · 1 OF 10

Wall Push-Ups

Heavy work means pushing, pulling or carrying. It helps your body feel calm and strong!



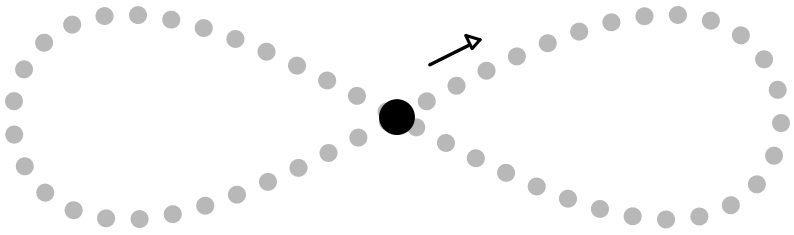
1. Stand an arm's length from a wall.
2. Put your hands flat on the wall.
3. Bend your elbows, then push back. Do 10!

Count with me! Color a circle each time.

1 2 3 4 5 6 7 8 9 10

Calm-down tracing: start at the dot and follow the loop

slowly with your finger 3 times, then with a crayon.



I did it! ☆

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A grown-up helps with scissors.

SORTING GAME · 1 OF 16

Wake Up or Calm Down?

Some things wake your body up. Some things calm it down. Cut and glue each picture in the right box!

Wake Up

glue here

glue here

glue here

Calm Down

glue here

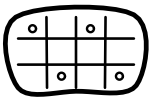
glue here

glue here

Cut out the pictures:



Cold ice pop



Heavy blanket



Slow rocking



Jumping



Warm bath



Swinging

I did it!

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