BRAINWORKS

Template for First-Then Sensory Diet Tool

Recommended Uses:

- Young children and children with cognitive impairments

Benefits of this tool:

- Beneficial for kids who need frequent sensory breaks
- Allows sensory choices based on forms of input the caregiver knows will be the most beneficial to the student

Supplies Needed:

- Card stock or heavy construction paper
- BrainWorks picture cards – print out the set for "First-Then Template"
- Scissors
- Glue stick
- Laminating supplies
- Velcro dots
- Large envelope or container to keep the cards in

Instructions to make the First-Then sensory diet tool:

1. Glue picture cards to card stock. Allow to dry. Cut out each activity card appropriate for use by the child or teen.
2. Choose a brightly colored piece of cardstock. Draw a line down the middle. On the top left side, print "First"; on the top right side, print "Then." On the back of this board, glue the "stop light" picture card.
3. Laminate activity cards and First-Then cardstock.
4. Put one Velcro dot on each half of the First-Then board.
5. Put Velcro dots on the backs of each activity card.
6. Place all activity cards in the large envelope or container. Label it.
7. **Please note, we have a first - then template available to download in our resources section of sensationalbrain.com

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How to use the First-Then sensory diet tool:

- If needed, determine if the child needs red, yellow, or green activities before beginning work. Present two activity choices (i.e. if you determine that the child needs red (calming) activities, hold up two red choices, and allow him to choose one). After activity completion, guide the child to the work center/table.
- Place a card on the "First" side that indicates work. It can be our general "Work" BrainWorks card, or you may choose something more specific.
- Present two appropriate choices based on the type of sensory input you know the child will need to continue to work after the "Then" time. Allow him/her to place his/her choice on the "Then" side.
- Engage the child in the "work" task. Upon completion, cue the child to remove the "work" card. Show him/her that it is time for their chosen "Then" activity. It may be beneficial to set a timer. When the timer goes off, have the First-Then card prepared to start the cycle again.

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