



Template for Key Ring Sensory Diet Tool

Recommended Uses:

- Children and teens ages 6-18
- Reference tool for use by a teacher or aide/paraprofessional

Benefits of this Tool:

- Small, can be hooked on belt loop or to binder ring
- Easily accepted for use by older kids
- Great for kids who have fluctuating sensory modulation

Supplies Needed:

- Key ring or large paper clip
- BrainWorks picture cards
- Scissors
- Glue stick
- Laminating supplies
- Hole puncher



Instructions to make key ring sensory diet tool:

- Glue picture cards to card stock. Allow to dry. Cut out each activity card appropriate for use by the child or teen.
- Laminate activity cards.
- Punch a hole in the top left corner of each card.
- Place activity cards on key ring or large paperclip.

How to use the key ring sensory diet tool:

- Cue kids to refer to the “stop light” picture card and determine where their brains are operating:
 - Red means “Stop.” When our brains and bodies are on “stop” we may be feeling sluggish, sleepy, unmotivated, and lazy. Use terms appropriate for the child’s age and developmental level. If you are familiar with the “Alert Program,” you may want to use the engine analogy. For younger kids, you can use Pooh characters as an analogy, with Eeyore being the character on red.
 - Yellow means “Just Right.” When our brains and bodies are on yellow, we are alert and able to focus, not going too fast nor too slow (engine analogy). For younger kids, Winnie the Pooh is usually “Just Right.”
 - Green means “Go!” When our brains and bodies are on “Go!” we are moving quickly, our engines are going fast, and we are much more like Tigger than anyone else in Pooh-land. Green isn’t always happy and fun though; if our brakes aren’t working, we can lose control of our engine. This is what happens when we are over-stimulated – when we’re bothered by lights/sounds/touch/movement, it is like our brakes are broken.

After helping the child determine which stop light color applies to him/her at that moment, guide them to choose activities from the key ring tool that will help them to move toward “Just Right, or yellow.” For example, if a teen knows that he is over-stimulated and unable to focus, he is on green. He needs to choose red activities to “slow him down” or yellow to move him toward “just right.”