**Time-Ordered Agenda for**

**Developing Effective Sensory Diets**

**by Gwen Wild, MOT, OTR/L**

8:00 am

**I. Sensory Modulation Theory**

* Sensory Modulation Continuum
* Modulation Disorders – Over/Under Responsivity and Sensory-Seeking
* Evolution of the “Sensory Diet”
* Research supporting the use of sensory strategies and a “sensory diet” approach

**II. Assessment of Sensory Needs**

* Signs and symptoms of sensory modulation disorders
* Concurrent diagnoses and sensory processing “red flags”
* Standardized assessments
* Sensory processing checklists
* Linking assessment to treatment

10:30 – 10:40 Break

**III. Teaching Self-Modulation**

* Tools for teaching modulation
* Visual sensory diet tools

11:30 – 12:30 Lunch

**V. Activities for Modulation**

* Sensory activities and their impact on modulation
* Overview of resources for sensory activities

**VI. Putting the Pieces Together: Creating the Sensory Diet**

* Helpful Forms
* Data-Tracking
* Target Behaviors
* “Plan B”: When a sensory diet isn’t enough…

2:00 – 2:10 Break

**VII. Sensory Diets at Home**

• Home Adaptations

• Home Recommendations

• Case Studies

**VIII. Sensory Diets at School**

* Classroom Adaptations
* Classroom Recommendations
* Case Studies

3:30 Dismissal