

**Time-Ordered Agenda for
Developing and Implementing Effective Sensory Diets**

Instructor: Gwen Wild, MOT, OTR/L

| Time (Minutes) | OT-Specific Content to be Covered | Instructional Methodologies (e.g., lecture, case study, discussion, demonstration) |
|-----------------------|--|---|
| 60 | Developmental and sensory processing: frames of reference and theory | Lecture |
| 60 | Assessment and intervention planning | Lecture, case study |
| 30 | Teaching self-modulation | Lecture, demonstration, case study |
| 45 | Activities for modulation | Lecture, demonstration |
| 60 | Creating the sensory diet | Lecture, demonstration, examples, case study |
| 60 | Sensory diets at school | Lecture, case studies |
| 45 | Sensory diets at home | Lecture, case studies |
| 360 | TOTAL RUN TIME | |