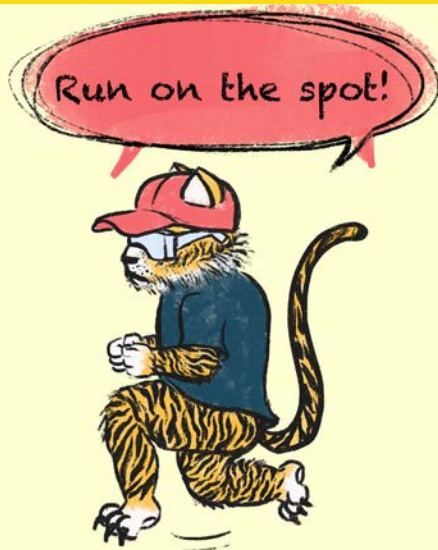


SENSORY DIET CARDS

Sensory diet cards to help wake you and calm you down.
Cut out and laminate to make your own cards!

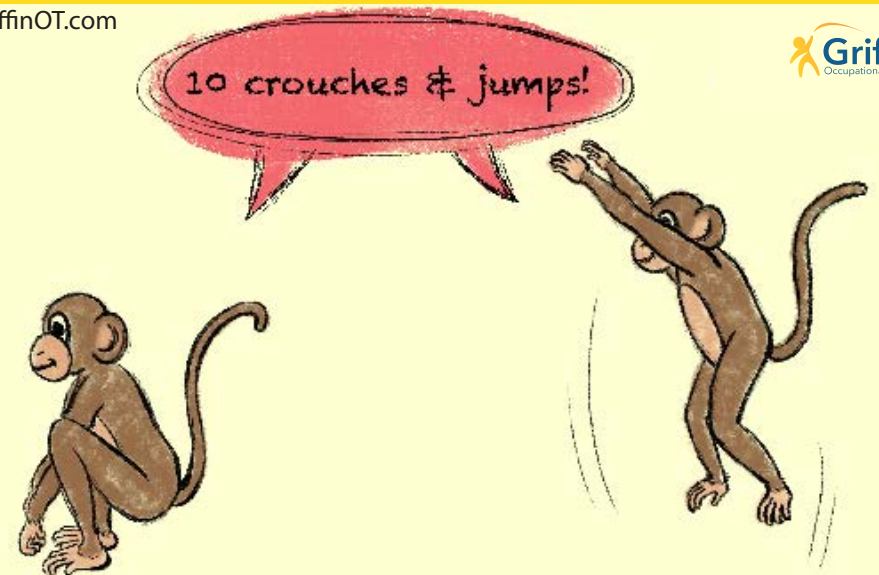
To learn more about the senses and sensory processing, join our
online training at GriffinOT.com

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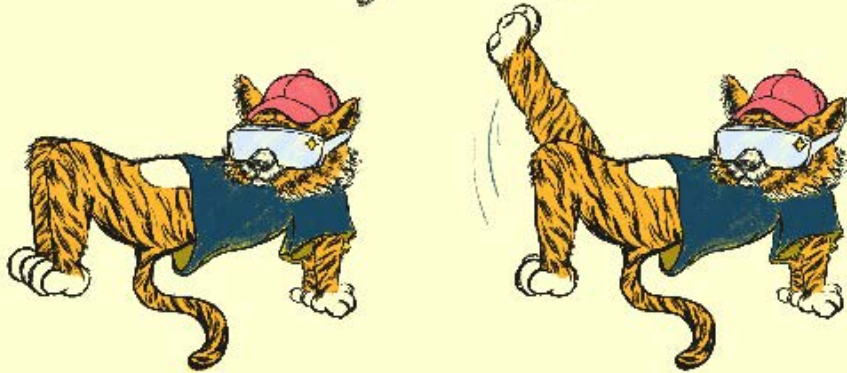
TERRIFIC TIGER

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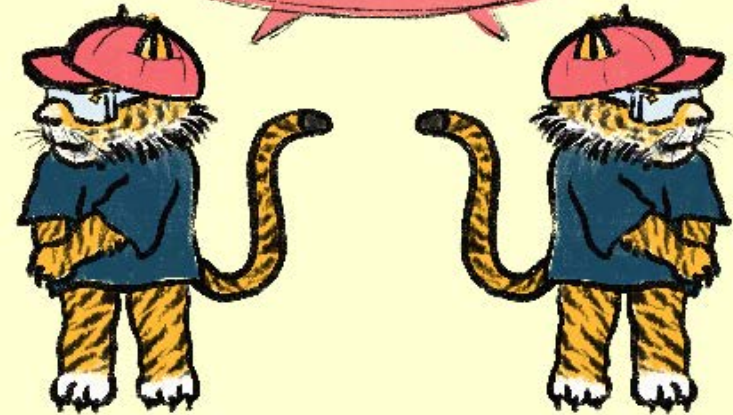
MOVING MONKEY

10 crab kicks!



TERRIFIC TIGER

10 twists!



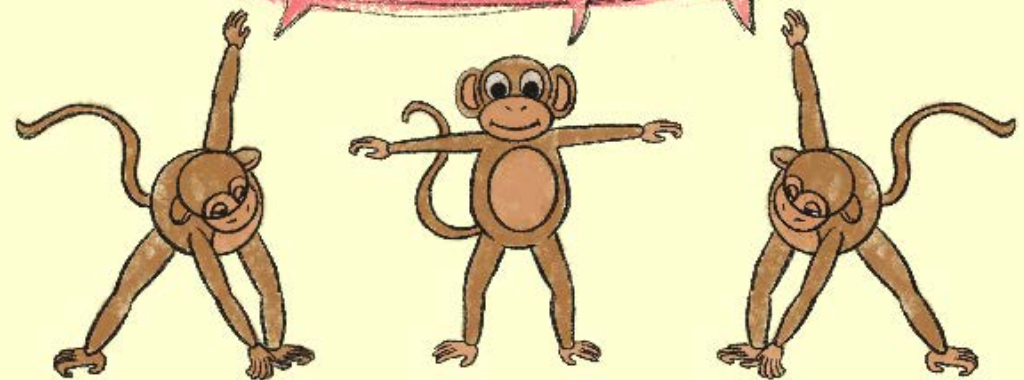
TERRIFIC TIGER

10 star jumps!



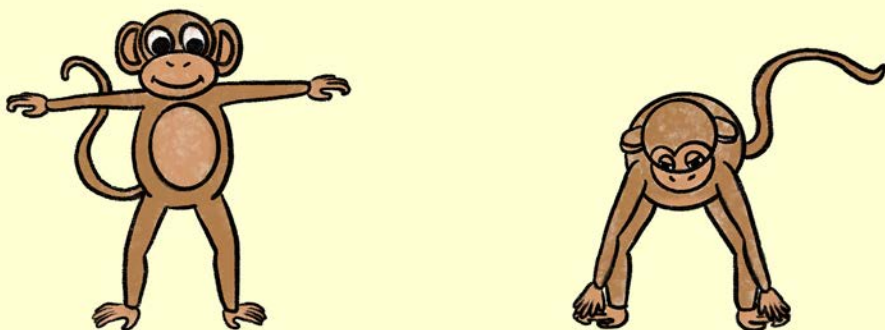
TERRIFIC TIGER

10 windmills!



MOVING MONKEY

Slowly touch your toes
10 times!



MOVING MONKEY

Do 20 squats!



MOVING MONKEY

Tap side to side
10 times!



TERRIFIC TIGER

Jump side to side
10 times!



TERRIFIC TIGER