

# 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](http://GriffinOT.com)

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Breath in



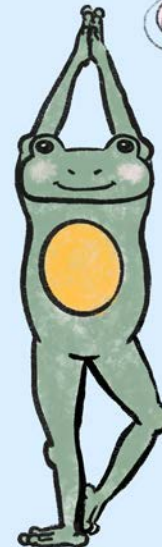
Elephant Breath:  
breathe slowly

Breath out

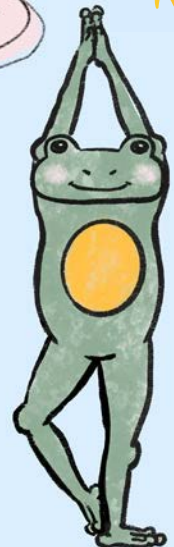


**FANTASTIC FROG**

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Tree: count to 10 then  
swap sides



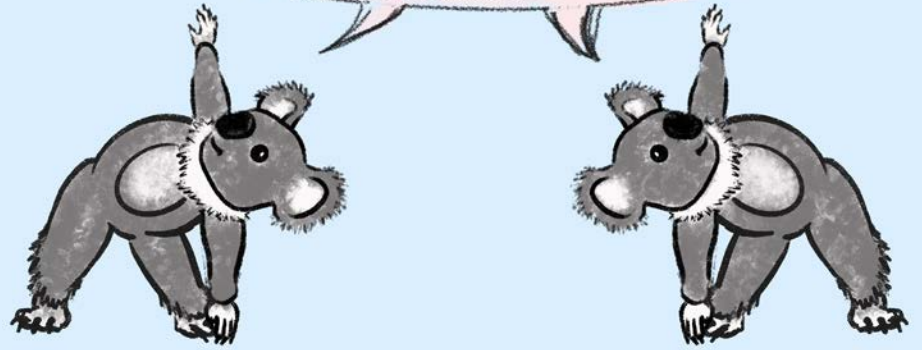
**FANTASTIC FROG**

Head press:  
count to 10



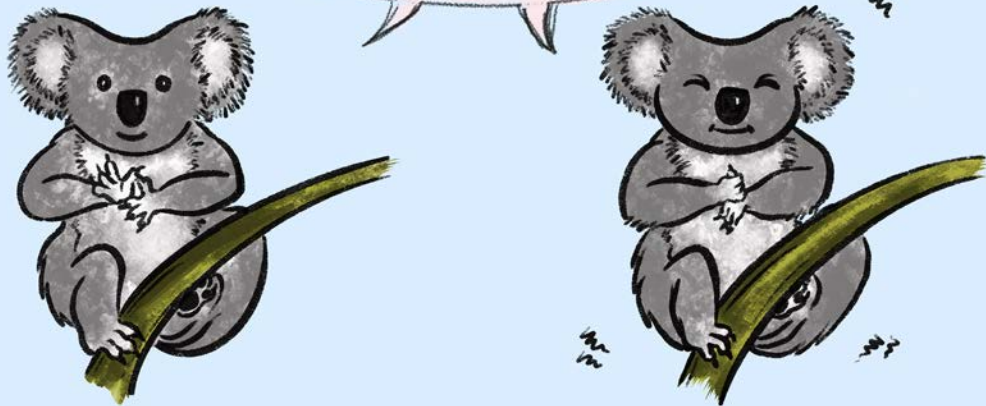
# KALM KOALA

Triangle:  
count to 10 then  
swap sides



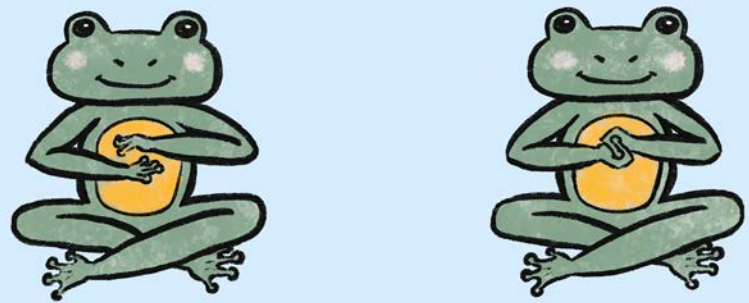
# KALM KOALA

Thumb squeeze:  
count to 10



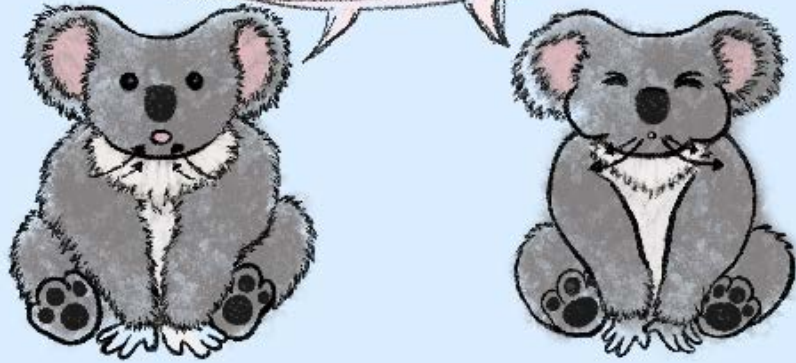
# KALM KOALA

Hand-pulls:  
count to 10



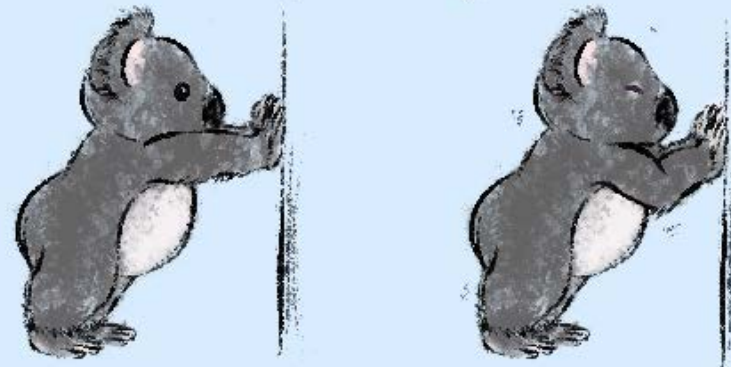
# FANTASTIC FROG

10 deep breaths



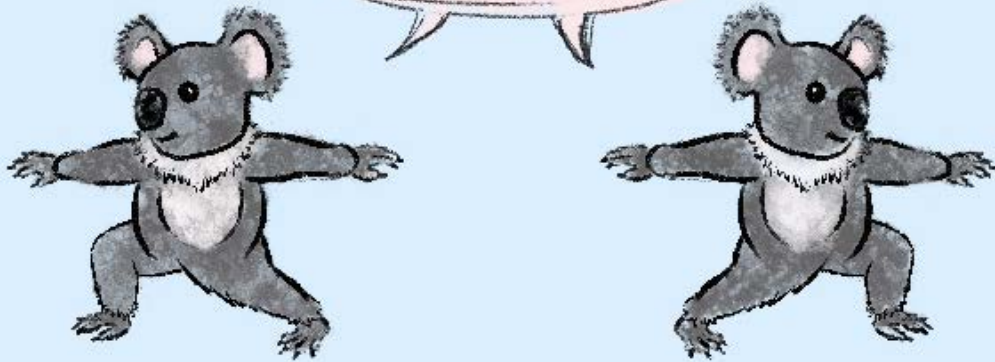
**KALM KOALA**

10 wall press ups



**KALM KOALA**

warrior for 10



**KALM KOALA**

10 hand presses



**KALM KOALA**