

MY SENSORY LADDER

I feel...

I need...



Freeze
Shutdown

I feel...

I need...



Fight
Angry

I feel...

I need...



Flight
Frustrated,
prickly, excited

I feel...

I need...



Just right,
ready to learn

I feel...

I need...



Bored,
sleepy

I feel...

I need...

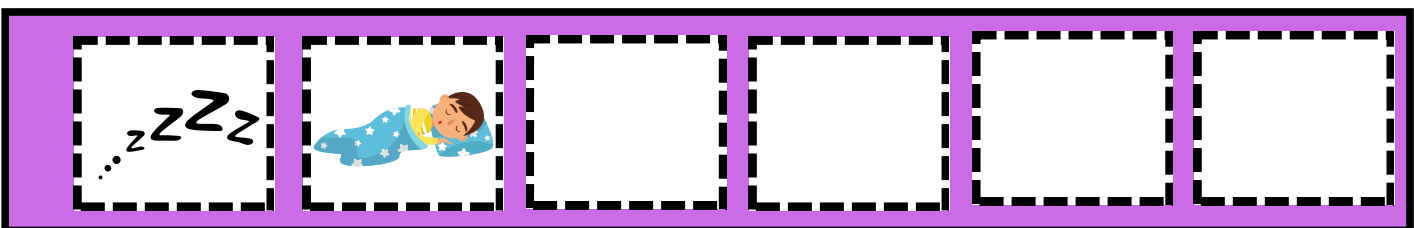
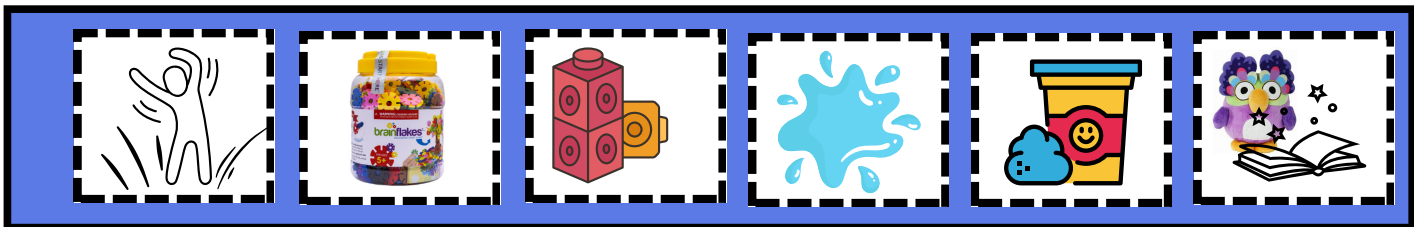
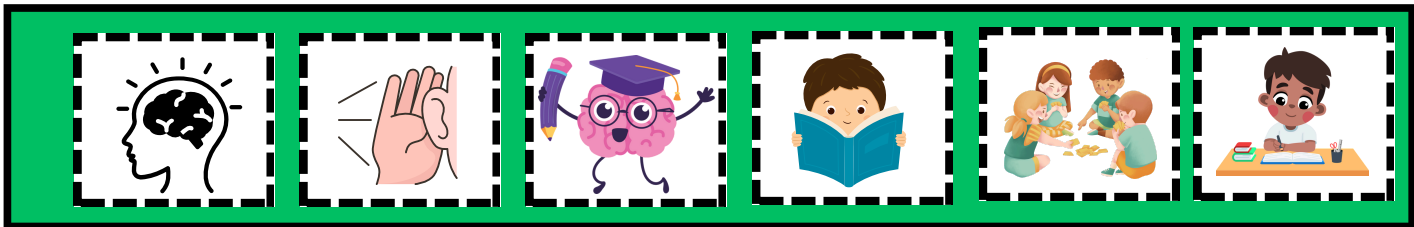
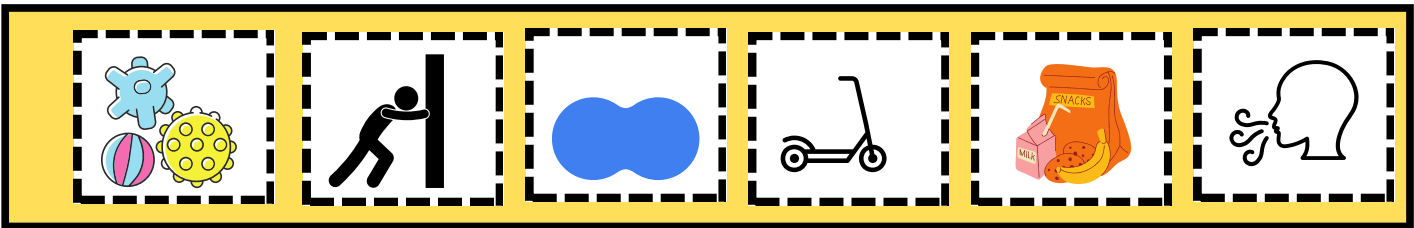
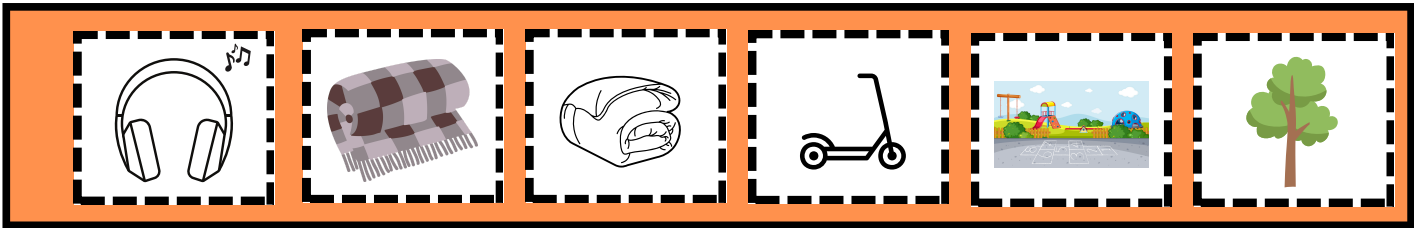
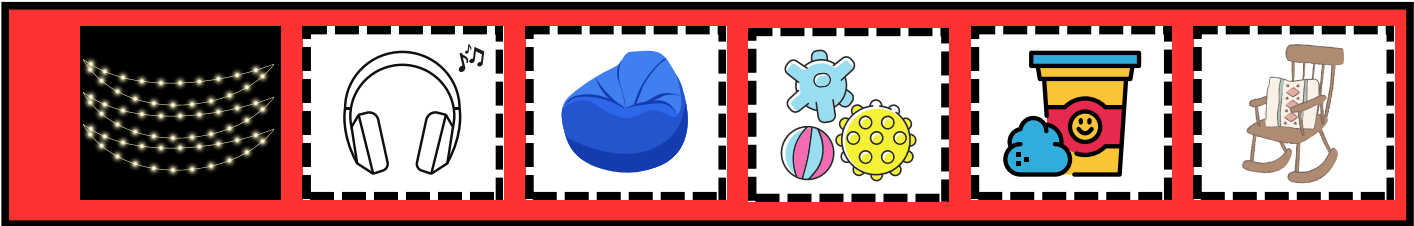


Sleepy
Sleeping

MY SENSORY TOOLS



TO CUT OUT AND LAMINATE WITH VELCRO
(OR USE PHOTOS OF PREFERRED CALMING TOOLS)



TO CUT OUT AND LAMINATE WITH VELCRO

(BLANK TO USE PHOTOS OR DRAW PREFERRED CALMING TOOLS)

