

# Sensory “what helps” tracker

Track triggers, helpful supports, and calming cues to share across home and school.

## Sensory triggers and supports

Situation | Sensory trigger | What helps

Crowded room | Noise / echo | Headphones, quiet space

Bright classroom | Harsh lighting | Sunglasses, seating change

Transitions | Sudden changes | Countdown, visual timer

## Preferred calming cues

- %i Deep pressure
- %i Movement break
- %i Breathing cue
- %i Fidget item