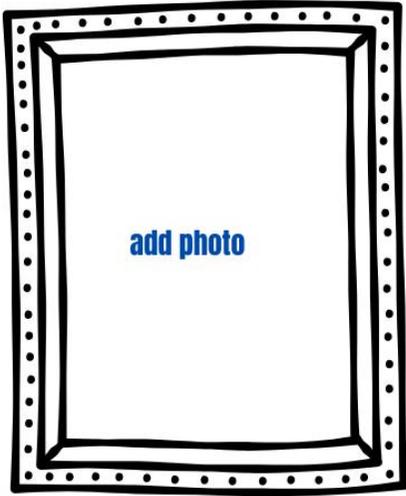


MY SENSORY PASSPORT



What Makes Things Tricky

These are the sensory patterns or times of day that can feel overwhelming, unpredictable, or hard.



Important Times of the Day

When does support matter most?



What Helps Me Feel Safe and Regulated

Strategies that consistently support regulation and access to learning.



Early Signs I Am Becoming Overloaded

What does dysregulation look like before it escalates?

You might notice:



What Adults Should Do

Be specific about when and how strategies are used.

When I am unsettled:

To prevent escalation:

Name:

School:

Date Created:

Review Date:



About me!!