Sensory/eating challenges

Sensory bin & messy play activity ideas

Dry textures are easier so these are a good place to start. Start with a challenge that is just outside of the comfort zone.

CORE TEXTURES
- Birdseed
- Sand
- Dry rice

- Papier mache
- Clay
- Playdough
- Dough
- Coffee grounds
- Dirt
- Mud
- Packing peanuts
- Bubbles/foam
- Shaving cream
- Whipped cream
- Wet noodles
- Rice
- Beans
- Oatmeal

- Cotton balls
- Popcorn
- Popcorn kernels
- Scraps of fabric
- Sponges
- Breadcrumbs
- Pasta
- Leaves
- Grass clippings
- Feathers
- Pom poms
- Cloud dough
- Foam cubes
- Jelly beans
- Shredded paper
- Talcum powder
- Ice
- Water
- Snow

- Yoghurt
- Soap foam
- Pumpkin guts
- Cooked pasta
- Cooked oatmeal
- Cooked beans
- Chickpeas
- Pudding
- Cornstarch + water
- Water beads
- Slime
- Dry cereal
- Tapioca
- Plastic grass
- Plastic straws
- Tissue paper
- Scotch brite
- Flour
- Finger painting

Sensory/eating challenges

Signs of sensory challenges - tick all that apply

6. Low registration. A child is:

i) Zoned out ☐

ii) Tired ☐

iii) Uninterested in eating ☐

7. Poor interoception. A child:

i) Never/rarely feels hungry ☐

ii) Doesn't recognise when they are full and overeats ☐

Overall, which sense/s are affecting the eating?:

i) Tactile (the most common) ☐

ii) Vision ☐

iii) Smell ☐

iv) Taste ☐

The Confident Eater

Sensory/eating challenges

Signs of sensory challenges - tick all that apply

4. Hypo-sensitivity. A child:

i) Struggles to sit still ☐

ii) Refuses to sit at the table ☐

iii) Gets up often ☐

5. Hyper-sensitivity. A child is:

i) Irritable ☐

ii) Withdrawn ☐

iii) Sensitive in terms of mood ☐

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Signs of sensory challenges - tick all that apply

3. Oral proprioceptive. A child:

i) Isn't aware of food on the face ☐

ii) Pockets (stores) food in the cheeks or under the tongue without realising it ☐

iii) Has small pieces of food all over the inside of the mouth after eating ☐

iv) Stuffs too much food into the mouth ☐

v) Strong preference for crunchy or chewy foods ☐

vi) Likes to chew on non-food items like pencils, shirt, fingernails ☐

vii) Can lose track of where food is in the mouth. ☐

Sensory/eating challenges

Signs of sensory challenges - tick all that apply

1. Vision and smell. A child may:

i) Be disgusted by the way a food looks ☐

ii) Dislike or find the smell of a food awful ☐

iii) Refuse to come to the table ☐

iv) Not want to sit at the table ☐

v) Have a meltdown or become argumentative ☐

vi) Gag or even vomit ☐

2. Taste. A child may have a:

i) Strong preference for specific flavours ☐

ii) Or, strong preference for lack of flavour ☐

iii) Gags or vomits straight after tasting a food or drink ☐

The Confident Eater

Sensory/eating challenges

Red flags - tick all that apply

1. Gagging as soon as food is seen, smelled, touched or tasted. ☐
2. Gagging as soon as a food is put into the mouth. ☐
3. A child doesn't like to be messy. ☐
4. They like to have their hands and/or face wiped. ☐
5. They can tolerate certain textures but not others generally. ☐
6. They prefer certain textures of food. ☐
7. They prefer certain colours of food. ☐
8. They prefer certain flavours of food. ☐
9. Drooling. ☐
10. Pocketing food. ☐
11. Overstuffing the mouth with food. ☐
12. Toothbrushing is uncomfortable. ☐

*check video for definitions//explanations