

Sensory Snapshot Tool

A gentle guide to understanding your child's sensory world

Every child experiences the world in their own sensory language. This tool helps you notice and celebrate the ways your child seeks comfort, stimulation, and connection — so you can support them with confidence and care.

What Kind Of Sensory Seeker is Your Child?

TYPE	COMMON BEHAVIORS
 Movement	Jumps, crashes, climbs, spins, runs constantly
 Oral	Chews, licks, mouths objects, prefers crunchy snacks
 Textile	Touches everything, loves textures, messy play
 Visual	Drawn to lights, patterns, fast movement, spinning toys
 Auditory	Hums, taps, makes loud noises, echoes sounds

Gentle Support Ideas

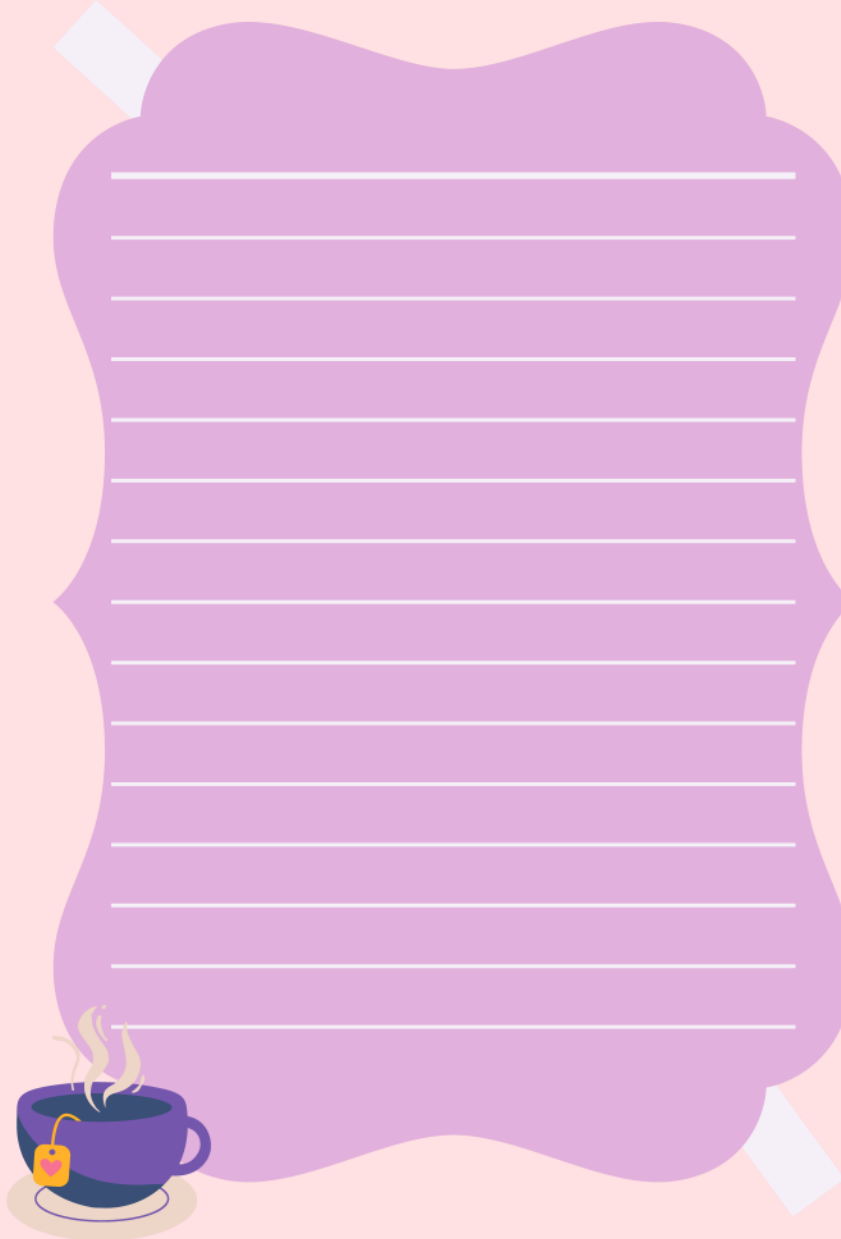
-  Movement: Obstacle courses, animal walks, trampoline time
-  Oral: Chewelry, crunchy snacks, safe mouthing toys
-  Tactile: Sensory bins, fabric swatches, textured crafts
-  Auditory: Rhythm games, music headphones, sound play
-  Visual: Lava lamps, kaleidoscopes, light shows

Sensory Snapshot

What patterns do you notice in your child's sensory play?

What helps them feel calm, focused, or joyful?

Any tools or routines that work well for your family?



You're doing a beautiful job. Sensory needs aren't problems to fix — they're invitations to connect.

For more cozy tools and support, visit prairieemberadventures.com or reach out anytime.

