

Daily

Sensory Self-Care

Log



Week of:	S	M	T	W	Th	F	S
Morning							
Afternoon							

Copy and paste activities from the list below into your sensory log!

Morning Activities

- Stretch
- Massage my neck
- Make my bed
- Wash my face with cold water
- Eat a crunchy breakfast
- Do Yoga
- Meditate for 5 minutes
- Listen to energizing music
- Brush my teeth
- Go for a run, walk, or swim
- Use scented lotion
- Recite affirmations in the mirror
- Wear clothes you feel comfortable in
- Write down your goals/intentions for the day

Afternoon Activities

- Chew minty gum
- Eat a healthy, crunchy snack
- Do jumping jacks
- Listen to energizing music
- Drink a smoothie through a straw
- Take 3 deep breaths
- Take a break, go outside
- Relax in a hammock
- Drink water
- Look at pictures of loved ones
- Take a true lunch break (no social media)
- Buy yourself flowers
- Write in your journal

Night Activities

- Tidy up the house
- Go for a walk
- Hug a loved one or pet
- Read a book
- Call a friend or family member
- Listen to calming music
- Light a candle or use a diffuser
- Drink tea
- Take a warm shower/bath
- Get 7-9 hours of sleep
- Try a new recipe
- Slow down when eating
- Use a weighted/heated blanket
- Work on a puzzle
- Watch your favorite show or movie