

♥ My Sensory Profile

A one-page guide to help adults understand and support me at school.

Name: _____

Year / Class: _____

Date: _____

Shared with: _____

Early signs I'm overloaded

What you might notice first

- _____
- _____
- _____

Things that help me stay regulated

Tools, breaks, or supports

- _____
- _____
- _____

Things that make it worse

Triggers to look out for

- _____
- _____
- _____

In class, please...

Helpful adjustments

- _____
- _____
- _____

During transitions, please...

Moving between rooms or activities

- _____
- _____
- _____

If I'm overwhelmed, the best response is...

What to do in the moment

- _____
- _____
- _____