

# SAMPLE CHURCH SENSORY DIET

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## Heavy Muscle Work (Proprioceptive):

- Carrying a church bag filled with books and quiet items
- Pushing/pulling open the church door or Sunday school door
- Weighted lap pad available in Sunday school
- Big bear hugs with godfamily and special, trusted church friends
- Pushing on the ground while kneeling
- Altar boys carrying lanterns
- Carrying heavy toy/activity in Sunday school
- Lifting heavy service books/placing in or out of pew holder

## Oral Motor (Working the Mouth):

- Crunch snack in Sunday school class (we always have gluten free pretzels in my class)
- Water in a quiet sippy bottle in church (with priest's permission)
- Kissing holy icons

## Tactile (Touch):

- Sunday school lessons with sensory bin elements (Summer Kinard's Autism Friendly Sunday School lessons - coming soon and previewed on her [blog](#)- feature lots of hands-on options)
- Dressup (Bible character clothes for classroom skits, fleece costumes for pageant)
- Fleece and faux fur for lessons dealing with biblical animals (sheep)
- Soft, all-cotton clothes for those with strong sensitivities, with less formal attire explained to priest/pastor ahead of time
- Silk or cotton headscarf
- Church bag items: squishies, velvet pouches, mermaid sequined notebooks, silicone spiky slap bracelets (see the [Church Bag Tour](#))

## Vestibular (Movement):

- Making the sign of the cross over oneself
- Prostrations
- Metania (bowing and touching the floor during some prayers or before icons)
- Standing on tip-toes and leaning for veneration of icons
- Swaying while holding a child or swaying gently to the chanting
- Sunday school lessons that have children act out big movements such as small and tall/reaching to sky

What would you add? Does your church have genuflections (Vestibular) or swaying/dancing to music? Do you have a balcony where someone might climb stairs? Does your Sunday school program have hands-on lessons and movement?