

Free tools for therapists

10 sheets from Bloom Autism Support. Each one is also its own page at bloomautismsupport.com/freetools. Free to print and share. Please don't sell it.

Practice sheets show their first page here. Every page, in one PDF: bloomautismsupport.com/go/pack-practice

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Sensory Diet Kit

Tick a few to try. Plan them with your child's OT. Stop anything your child doesn't like.

Check with your child's OT before starting.

CHILD _____

MOVING

- ☐ Jumping
- ☐ Swinging
- ☐ Dancing
- ☐ Riding a bike or scooter
- ☐ Climbing at the park

Other: _____

MOUTH

- ☐ A crunchy snack
- ☐ A chewy snack
- ☐ Drinking through a straw
- ☐ Blowing bubbles
- ☐ Humming or singing

Other: _____

HEAVY WORK: PUSH, PULL, CARRY

- ☐ Carrying the laundry basket
- ☐ Pushing a cart or a stroller
- ☐ Wall push-ups
- ☐ Animal walks (bear, crab)
- ☐ Tug of war with a towel

Other: _____

CALMING

- ☐ A quiet corner
- ☐ Dim lights
- ☐ Soft music or headphones
- ☐ Slow breaths (smell the flower, blow the candle)
- ☐ Looking at a book or a favorite toy

Other: _____

SQUEEZE AND PRESSURE

- ☐ A firm hug, if my child likes it
- ☐ Rolled up in a blanket
- ☐ Pillows to squeeze or lie under
- ☐ Squeezing play dough or a ball
- ☐ Brushing hair or a back rub

Other: _____

SIGNS MY CHILD NEEDS A BREAK

NOTES FROM MY CHILD'S OT



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Daily plan

When in the day, what to do, and for how long.

	What to do	How long
Waking up		
Before school		
After school		
Before homework		
At dinner		
Before bed		

Did it help?

Write what your child was like before and after.

DAY	ACTIVITY	BEFORE	AFTER

WHAT I NOTICE



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Practice in Daily Routines

One small thing to practice in what you already do every day.

CHILD

WITH MY CHILD'S THERAPIST

WEEK OF

Meals

What we practice

How I help

Days I practiced

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐

Bath

What we practice

How I help

Days I practiced

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐

Getting dressed

What we practice

How I help

Days I practiced

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐

In the car

What we practice

How I help

Days I practiced

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐

Play

What we practice

How I help

Days I practiced

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐

Bedtime

What we practice

How I help

Days I practiced

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐



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Sensory Patterns Tracker

What your child went toward, and what your child pulled away from.

CHILD

WEEK OF

WHEN	WHERE	WHAT MY CHILD DID	WHICH SENSE						TOWARD OR AWAY		WHAT HELPED
			Sound	Touch	Sight	Smell	Taste	Move	Toward	Away	
			☐	☐	☐	☐	☐	☐	☐	☐	
			☐	☐	☐	☐	☐	☐	☐	☐	
			☐	☐	☐	☐	☐	☐	☐	☐	
			☐	☐	☐	☐	☐	☐	☐	☐	
			☐	☐	☐	☐	☐	☐	☐	☐	
			☐	☐	☐	☐	☐	☐	☐	☐	
			☐	☐	☐	☐	☐	☐	☐	☐	
			☐	☐	☐	☐	☐	☐	☐	☐	

MY CHILD GOES LOOKING FOR

MY CHILD PULLS AWAY FROM



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New Words and Communication Log

Every new word, sign, picture or gesture counts.

CHILD

WORDS WE'RE PRACTICING

DATE	WORD, SIGN OR PICTURE	HOW				WHERE, WITH WHOM	NOTE
		Said	Sign	Pic	Gest.		
_____	_____	☐	☐	☐	☐	_____	_____
_____	_____	☐	☐	☐	☐	_____	_____
_____	_____	☐	☐	☐	☐	_____	_____
_____	_____	☐	☐	☐	☐	_____	_____
_____	_____	☐	☐	☐	☐	_____	_____
_____	_____	☐	☐	☐	☐	_____	_____
_____	_____	☐	☐	☐	☐	_____	_____
_____	_____	☐	☐	☐	☐	_____	_____
_____	_____	☐	☐	☐	☐	_____	_____
_____	_____	☐	☐	☐	☐	_____	_____
_____	_____	☐	☐	☐	☐	_____	_____
_____	_____	☐	☐	☐	☐	_____	_____



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Core Word Board

NAME _____

I	you	want	like	more	help
go	stop	eat	drink	play	look
open	put	get	make	my turn	all done
in	out	up	down	on	off
yes	no	not	again	what	where

☐ Who ☐ Doing ☐ Where ☐ Talking ☐ Asking



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How to use this at home

Ask your child's speech therapist which words to start with.

- ① Keep it close. It only helps if it is there when your child wants to say something.
- ② Talk and point. Touch the words as you say them: "want ... more?" "go ... out!" This is how your child learns where the words are.
- ③ Short is plenty. One or two words at a time.
- ④ Wait. After you point, wait a few seconds. Give your child time to look, point, or try.
- ⑤ Every try counts. A look, a reach, a sound, or a touch near the word: answer it like a word.
- ⑥ Don't test. Skip "show me 'eat'". Use the board to talk about what is happening right now.
- ⑦ Use it in routines: meals, bath, play, the car. The same words, again and again.

WORDS WE ARE PRACTICING THIS WEEK

NOTES FROM MY CHILD'S SPEECH THERAPIST



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Session Notes for Parents

What we did today, and something to try at home.

CHILD

DATE

THERAPIST

KIND OF THERAPY

WHAT WE WORKED ON TODAY

WHAT WENT WELL

WHAT WAS HARD

Try this at home

1. _____
2. _____
3. _____

NEXT SESSION

QUESTIONS TO BRING

GOAL WE'RE WORKING ON

Parent signature

Date



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One Home Plan for Speech and OT

Both therapies on one page, and one week to fit them in.

CHILD

WEEK OF

Speech

Therapist _____

GOAL 1

How we practice at home

GOAL 2

How we practice at home

OT

Therapist _____

GOAL 1

How we practice at home

GOAL 2

How we practice at home

Our week

SPEECH: WHAT WE PRACTICED

OT: WHAT WE PRACTICED

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

QUESTIONS FOR THE THERAPISTS



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Self-Care Routine Charts

NAME _____

Add a picture to each step. Tick each one when it is done.

Brushing teeth

1  Toothpaste on the brush ☐ Done	2  Brush the top teeth ☐ Done	3  Brush the bottom teeth ☐ Done	4  Spit ☐ Done	5  Rinse and put the brush away ☐ Done
--	--	---	--	---

Washing hands

1  Turn on the water ☐ Done	2  Soap on hands ☐ Done	3  Rub and count to 20 ☐ Done	4  Rinse ☐ Done	5  Dry with the towel ☐ Done
--	--	--	---	---



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Self-Care Routine Charts

Add a picture to each step. Tick each one when it is done.

Getting dressed

1  Underwear ☐ Done	2  Pants ☐ Done	3  Shirt ☐ Done	4  Socks ☐ Done	5  Shoes ☐ Done
--	--	--	---	--

Bath time

1  Clothes off ☐ Done	2  Get in the tub ☐ Done	3  Wash body ☐ Done	4  Wash hair ☐ Done	5  Dry off with a towel ☐ Done
--	---	--	---	---



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Daylight Saving Bedtime Shift

Clocks go back one hour on Sunday, November 1, 2026, at 2:00 AM.

HOW IT WORKS

Starting Wednesday, put your child to bed 15 minutes later each night. By Saturday, bedtime is one hour later. On Sunday the clock goes back, so your usual bedtime feels the same as Saturday did. Keep it steady all week. Go slower if you need to.

USUAL BEDTIME

USUAL WAKE-UP

NIGHT	BEDTIME PLAN	ASLEEP AT	WOKE AT	Easy	OK	Hard
Sun, Oct 25	Usual bedtime			☐	☐	☐
Mon, Oct 26	Usual bedtime			☐	☐	☐
Tue, Oct 27	Usual bedtime			☐	☐	☐
Wed, Oct 28	15 min after usual			☐	☐	☐
Thu, Oct 29	30 min after usual			☐	☐	☐
Fri, Oct 30	45 min after usual			☐	☐	☐
Sat, Oct 31	1 hour after usual			☐	☐	☐
Saturday night: clocks go back one hour at 2:00 AM						
Sun, Nov 1	Usual bedtime, new clock			☐	☐	☐
Mon, Nov 2	Usual bedtime			☐	☐	☐
Tue, Nov 3	Usual bedtime			☐	☐	☐
Wed, Nov 4	Usual bedtime			☐	☐	☐
Thu, Nov 5	Usual bedtime			☐	☐	☐
Fri, Nov 6	Usual bedtime			☐	☐	☐
Sat, Nov 7	Usual bedtime			☐	☐	☐

WHAT HELPED

Straight lines

Name _____

I will: trace

How many: 6

Then: _____

EXAMPLE



☐ I'm done!



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