SENSORY & NEURODIVERSITY - PERSONAL REFLECTION

Sensory Overload & Energy Bucket Tracker

Notice which settings feel comfortable or difficult, and plan a pause if you need one.

HOW TO USE: Complete each step in your own words. Short answers are enough.

Participant Name: ..... **Date:** ..... **Target: 20m**

1 SENSORY BUCKET LEVEL CHECK (GREEN / YELLOW / RED)

Rate your nervous system right now: Green (Calm, open), Yellow (Irritable, noise hurts, short-tempered), Red (Near meltdown, shutdown, cannot speak).

PRACTICAL TIP: Use the colours as a personal check-in, not a diagnosis. Choose the words that fit your experience.

2 IDENTIFY THE ENVIRONMENTAL DRAINERS

Note what has felt difficult today, such as bright lights, loud noise, uncomfortable clothing, or a busy schedule.

PRACTICAL TIP: People can have different comfort levels with sound, light, touch, and crowds.

3 CHOOSE A COMFORTABLE PAUSE

Choose an option that feels safe and comfortable, such as a quieter space, ear protection, fresh air, water, or gentle movement.

PRACTICAL TIP: If you need urgent help or cannot stay safe, contact a trusted adult or local emergency support.

4 ESTABLISH THE DAILY DECOMPRESSION WINDOW

If helpful, agree on a short quiet transition after school before discussing marks, chores, or tuition.

PRACTICAL TIP: Try a routine that fits your household, then review together whether it helped.