

**Investigating Sensory Hurdles**

Date	What Happened? (Event/Hurdle)	What happened before?	What happened after?	Contributing factors?	Was it sensory?	What strategy might help?

**Helping Sensory Hurdles**

Remember - Graded Approach, Positive support, Feeling in Control, Planning ahead/being prepared

Date	Event/Hurdle	What strategy was tried?	What was the outcome?	Was it helpful?	How can it be improved?