

Sensory Room Body Check-In / Check-Out

Name: _____ Date: _____

CHECK-IN: How is my body right now?

Mirror Check (look at your face)

I looked in the mirror

My face looks: calm worried mad sad silly tired other: _____

Heart & Breathing

HR (pulse oximeter): _____ bpm **Oxygen:** _____ %

My heart feels: slow just right fast

My breathing feels: slow just right fast

Body Clues (check any)

Hungry Thirsty Tired Need bathroom Hot Cold

Head hurts Tummy hurts Tight body Wiggly body

Other: _____

My body might be telling me: I need a break I need help I'm ready I need to move

My engine/energy (circle): Low / Just right / High

My Zone (circle): BLUE / GREEN / YELLOW / RED

I want to feel (circle): calm / focused / awake / ready

CHECK-OUT: How is my body now?

Mirror Check (look again)

I looked in the mirror

My face looks now: calm worried mad sad silly tired other: _____

HR now: _____ bpm **Oxygen now:** _____ %

Heart & Breathing

My heart feels now: slow just right fast

My breathing feels now: slow just right fast

Body Cues Now (check any)

My body feels calmer My body feels ready My body still feels wiggly

My body still feels tight My head hurts My tummy hurts

I am thirsty I am hungry I am tired I need the bathroom

Other: _____

My engine/energy now (circle): Low / Just right / High

My Zone now (circle): BLUE / GREEN / YELLOW / RED

Am I ready to go back?

Yes, I'm ready

No, I do not feel ready and I need adult help to go back

One sentence plan:

“When I go back, I will _____.”