



Circle or Color Challenges – eBook addition page

This addition adaptation page is wonderful if you have purchased the Circle or Color Challenges eBook.

You will notice that there are several pages focusing on food. All of us deal with eating and it is often rewarding in a social setting, but for many this can be problematic. Below are some ways that you can use the pages such as “Circle what you want” [you can get this 1 page free when you scroll under OT, minimal, sensory defensiveness].

Often, we have clients who fear new tastes and struggle with emotional responses to foods of different colors, textures, smells, and tastes. You can use this sheet in a variety of ways. Below are some ideas to help you deliver the best therapy possible.

- * Have clients circle 1 food each time they have tried it. This way they can see how many more foods they need to taste before getting a reward.

- * At each mealtime, have clients circle 1 food to add to their meal therefore encouraging them to step out of their comfort zone and try new foods. Remember to keep it a fun unpressured experience.

- * Have kids circle what foods they will want to serve and taste at the dinner table.

- * Have kids circle what food they will taste with their favorite sauce or topping such as salad dressing or whipped cream.

- * Use this sheet as a communication board. It is easy to visually scan for those with visual impairments and is somewhat organized as to needs and nutrition.

- * Circle a picture and have it indicate a category such as; fruit, sandwich, cereal, smoothie, honey/jam/spread, meat, and sweets.

Circle what you want.

