



SEN SUPPORT STUDIO

STRONG ROOTS,
SPACE TO FLOURISH

FOR SCHOOLS

Sensory Snack Boxes

Snack boxes can support regulation and provide oral sensory feedback — the action of chewing and crunching provides feedback through the jaw muscles.

What Are They For?

Some pupils can be over-sensitive to the taste of certain foods, while others may be under-sensitive to taste and enjoy eating highly flavoured food. A well-matched snack box gives pupils the oral sensory input they need in a structured, supported way.

Things to Consider

- Ensure snack boxes are specific to the individual, e.g. chewy foods vs crunchy foods, the flavours and textures they are seeking, and whether they are alerting or calming.
- Reduce social pressure at mealtimes by eating in a quiet space, allowing access to comfort objects to reduce stress, and allowing extended time for eating.
- Provide suitable alternatives to chewing inedible objects, e.g. chewing toys, necklaces or chewable pen toppers.
- Incorporate a drink with a straw or sports bottle.
- Don't overwhelm the pupil with choice.
- Involve the pupil in creating their snack box, and in monitoring and reviewing how well it is working.

Enjoy building sensory snack boxes that work for each pupil — a small, well-matched box can make mealtimes and sensory breaks far more comfortable.

