

#LIFE SKILLS NOW

Presented by **RAISING HEALTHY FAMILIES**

Think Sensory Smart: Systems to Make Your House Run Smoother (A Family Workshop)

Greg Santucci, Pediatric OT & Co-Founder of ClimbRx®

Mr. Greg showed that different brains need different strategies to stay organized. The goal is to think sensory and find what works best for you.

WHAT DOES “OUT OF SIGHT, OUT OF MIND” MEAN?

→ If something is put away where you can't _____ it, your brain might forget it exists. This is called object constancy.

→ Circle what helps YOU remember things better:

Seeing things

Hearing reminders

Touching/doing

Moving around

MATCH THE STRATEGY TO THE PROBLEM

Draw a line to match the problem with the strategy that could help:

Messy clothes

Use a bigger garbage can with extra liners

Forgetting items in the morning

Write it on a list or shared app

Trash piling up

Use clear containers and keep a leftover list

Food going bad

Use shelves so you can see everything

Forgetting groceries

Say a reminder song like “cell phone, wallet, water, watch, keys”

BUILD YOUR OWN “BRAIN STRATEGY”

Think about your brain. What helps YOU?

Choose one thing that is hard for you at home:

→ Something I forget or struggle with: _____

Now create a strategy that could help:

→ My strategy: _____

→ Why this works for my brain: _____

VISUAL PLANNING SPACE

Draw your idea below. You can sketch your room, your kitchen, or a mind map or chart of your routine.

Label your strategy so you remember how it works.

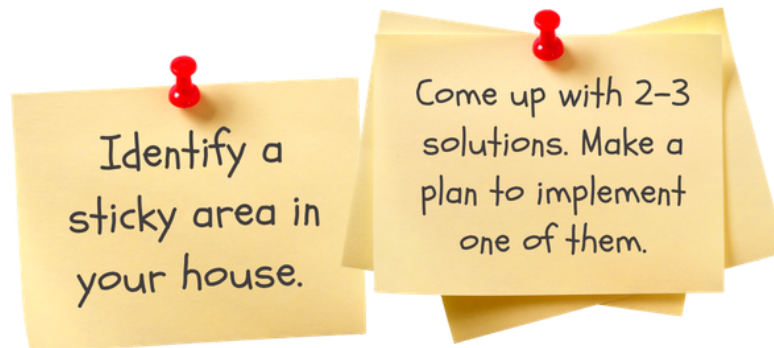
MAKE YOUR OWN MEMORY TOOL

Create your own reminder like Mr. Greg's song:

→ My reminder phrase or song: _____

Say it out loud 3 times to practice.

TRY IT OUT



Mission: Think of something in your house that is hard to keep clean or easy to forget.

Brainstorm: What are 2 or 3 solutions that might help you?

Now choose one to try first:

→ My plan: _____

→ When I will try it: _____

→ After trying it, did it help? Yes / No / A little