



Introduction to Sensory Processing

We all rely on the information our bodies receive through our sensory systems. Through experience we recognise certain sensory messages and how we should respond to them e.g. feeling cold or hungry.

We all respond differently to sensory inputs, some people enjoy loud music, fast fairground rides while others prefer quiet and slow paced activities. The main idea of sensory processing is to regulate our sensory systems so we can remain focused, safe and at a 'just right' level being neither too hyperactive or too sleepy.

Some people are over responsive to certain stimuli and actively avoid certain activities, while others are under responsive and don't seem to notice some sensory information. Some people are sensory seeking and actively search out sensory experiences; whilst others will seek calm.

We have put together some sensory regulation activities for you to try at home to maintain the 'just right' balance, only pick one or two at a time it is a menu not a to do list. There is a short explanation at the top of the page about each group of activities so you can decide which may benefit your child at a particular time of day.



Input

what we :-

see
hear
touch
taste
smell

how we experience

movement
gravity



Output

move
attend
learn
interact with others
have self control
express feelings



feed back

