



TEACH Presents:

SENSORY INTEGRATION

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What Is Sensory Processing?



Sensory Processing

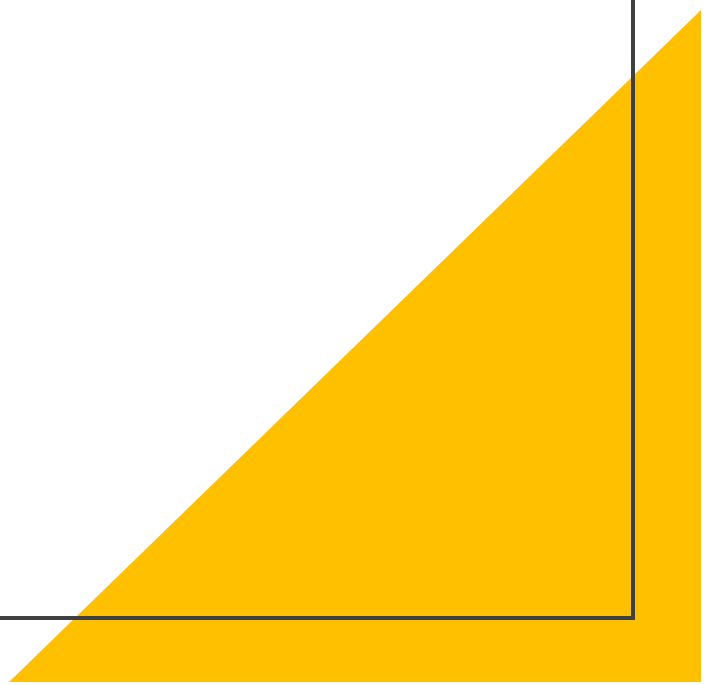
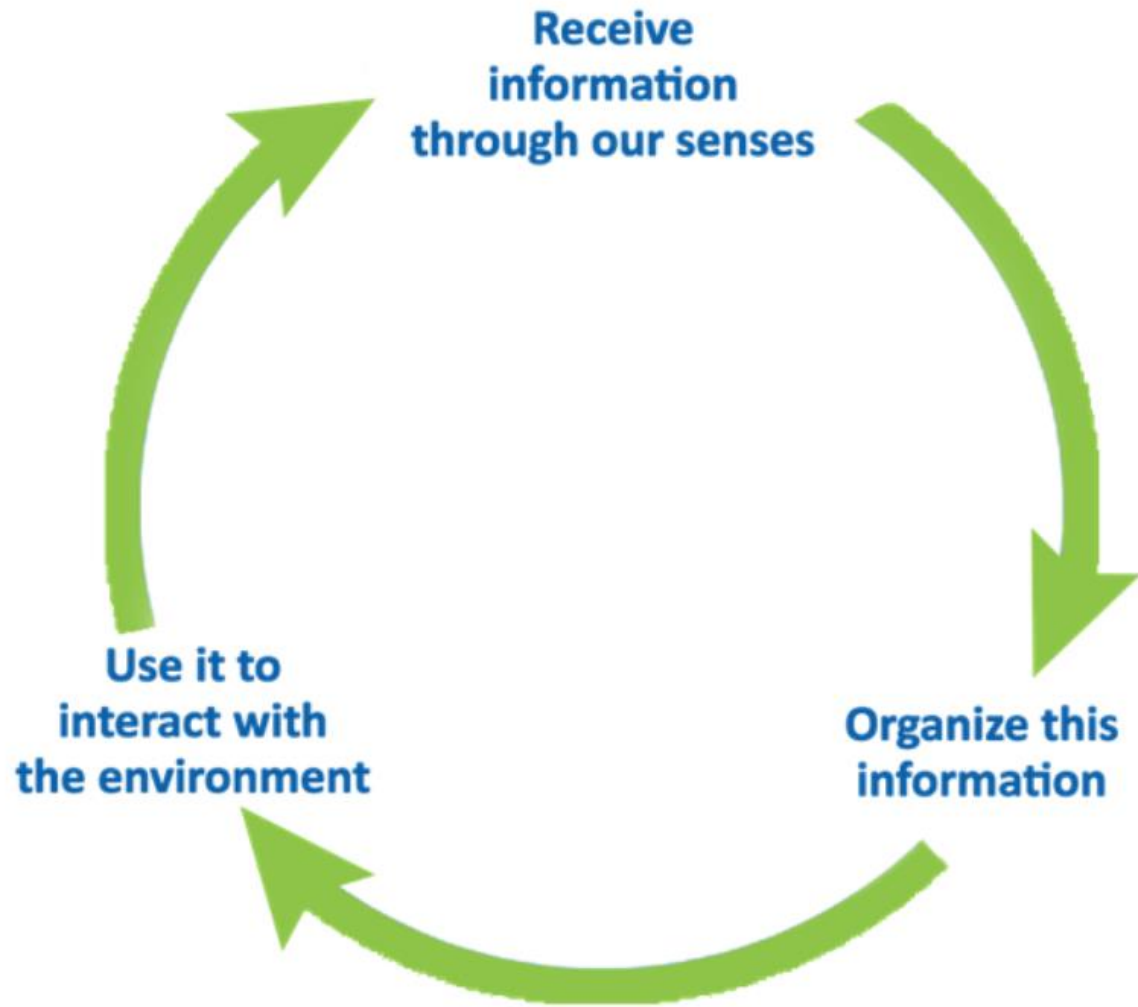


The process that organizes sensation from one's own body and the environment, thus making it possible to use the body effectively within the environment.



Did You Know There Are SEVEN Senses?

- Sight (Vision)
- Hearing (Auditory)
- Smell (Olfactory)
- Taste (Gustatory)
- Touch (Tactile)
- Vestibular (Movement): the movement and balance sense, which gives us information about where our head and body are in space. Helps us stay upright when we sit, stand, and walk.
- Proprioception (Body Position): the body awareness sense, which tells us where our body parts are relative to each other. It also gives us information about how much force to use, allowing us to do something like crack an egg while not crushing the egg in our hands.



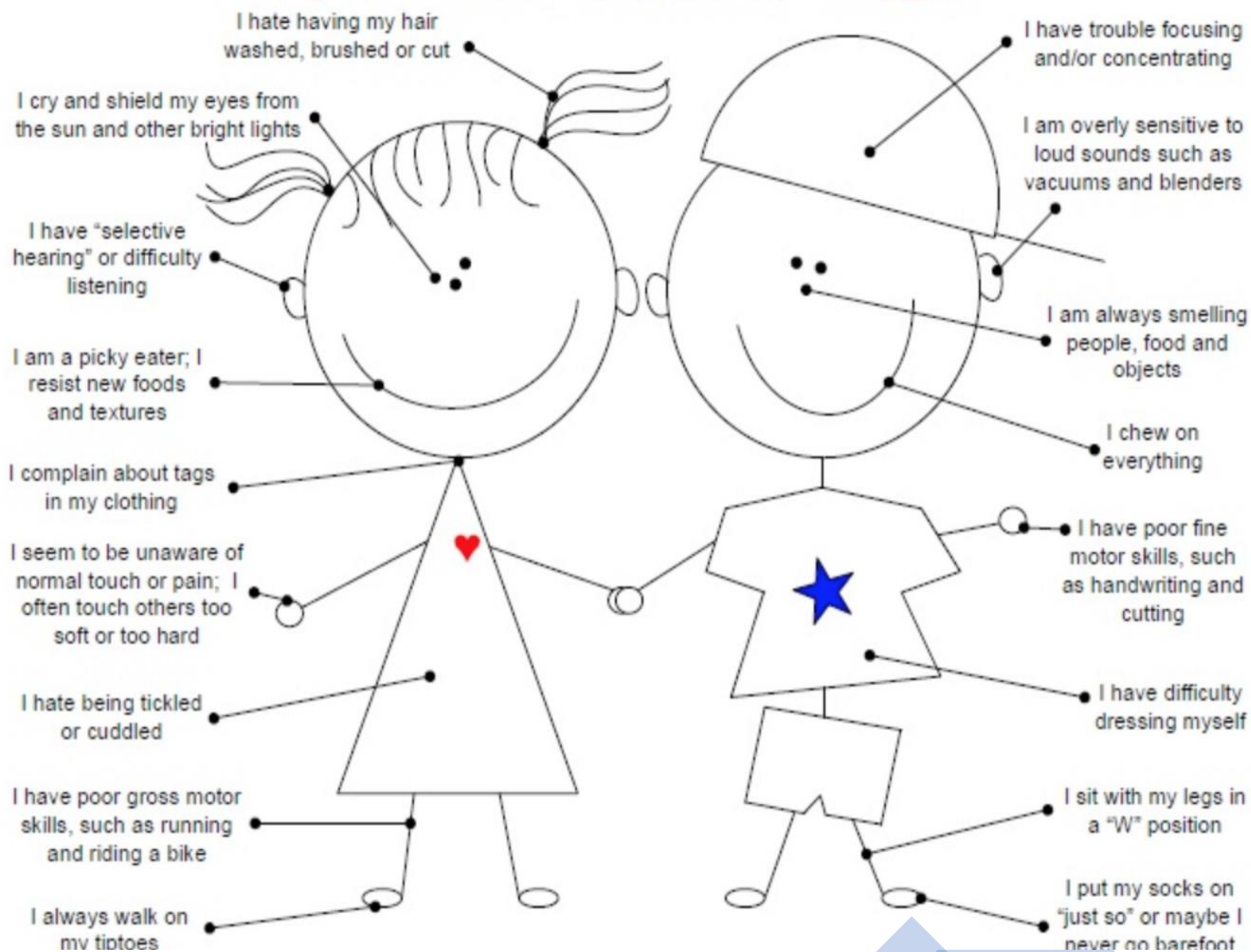


Sensory Processing Challenges

Hyporesponsive -- in spite of large amounts of sensory input, the brain fails to register and doesn't respond to input.

Hyperresponsive -- the brain "short-circuits" and registers sensations too intensely.

DO YOU KNOW ME?





Heavy Work at Home

- Help push/pull laundry basket
- Pull clothes out of washer/dryer
- Help make bed/do chores
- Water plants
- Help wash the car
- Give the dog a bath
- Push boxes filled with items, such as books or toys
- Stuff pillows with stuffed animals
- Dig in dirt outside
- Push in chairs/help move furniture



Heavy Work at School

- Erase chalkboards or whiteboards
- Fill plastic crates with books to take to other classrooms
- Push or stack chairs
- Move packs of paper for the printer/photocopier
- Rearrange desks or furniture in the classroom
- Help the gym teacher move mats, hang them up, etc.
- Ride a scooter board around the hallway
- Carry books with both hands, hugging tight to chest
- Open and hold doors for people
- Help the janitor or caretaker empty garbage cans, recycling, mopping, sweeping, etc.
- Climb on playground equipment

Sensory Tools

- Sand
- Water
- Playdough/putty
- Bubbles
- Fidget toys (e.g. squishy ball or toy)
- Weighted lap pad, vest, or toy (e.g. comfort cub)
- Chewelry
- Sensory brush
- Headphones
- Various textured items



How Can You Help?

- **Observe** – Does your child exhibit any signs that he/she may need sensory intervention?
- **Explore** – What works to help regulate your child
- **Model** – Demonstrate how to recognize needs and use tools to help regulate
- **Communicate** – Provide your child with an opportunity to communicate his/her needs (e.g. I need a break card with sensory choices)
- **Document** – Note your child's needs and effective strategies
- **Advocate** – Come prepared to your school team meeting with list of sensory needs and effective tools and strategies



FIZZY DRINK

CRUNCHY FOOD

SWING

ROCKING CHAIR



PLAY DOUGH

SENSORY BIN

PLAY OUTSIDE

YOGA

