

Understanding Sensory Processing difficulties.

Skip the label, focus on the needs



Children who are hyposensitive have difficulties obtaining sensory information such as sight, touch, taste, hearing and smell.

Lead to sensory seeking behaviours so as to get the input they crave for.



Children who are hypersensitive have heightened sensitivity to sensory information, such as sight, touch, taste, hearing and smell.

Lead to sensory avoiding behaviours so as to reduce the input they are receiving.

Hypo-sensitive VS Hyper-sensitive

Will seek stimulation.

Looks something like:

1. Seek sensation of touch by rubbing on walls, railings, floors, objects.
2. Craves for sensory input by pushing, crashing against others, bouncing up and down.
3. Often chew on objects.
4. May sniff at things often.
5. May make loud sounds.

Skip the label, focus on the needs



Will avoid stimulation.

Looks something like:

1. Avoid crowds and noisy environments.
2. Has intolerance to certain textures in clothes and/or food.
3. May seem to be overly fussy.
4. May seem fearful.
5. May avoid group play.

Calm-down Strategies

1. Sensory/calm corner



2. Sensory/ Calm toolkit



3. Calming strategies

FEELING ANGRY? A CHECKLIST FOR YOUNG PEOPLE

- WALK AWAY** & cool down 
- TAKE A BREAK** & use a calming tool like a stress ball 
- TAKE STEADY BREATHS** & focus on exhaling slowly 
- PUSH AGAINST THE WALL** or floor & then relax 
- COUNT TO 20** or more until I feel calmer 
- MOVE, EXERCISE** stretch, do yoga or play a sport 
- USE I-MESSAGES** & say what I need & how I want to be treated 
- SCRIBBLE ON PAPER** then rip or crumple it up 

SENSORY SEEKING VS. SENSORY SENSITIVE

I could bounce on a trampoline & spin in circles on the tire swing all day long

I am scared of trampolines, monkey bars or to swing high

I like to smell things

I love having my hair brushed or played with

I dislike having my hair brushed

I hate certain food textures so I'm a picky eater

I love to play with the lights and turn them on and off



I close my eyes in bright lights

I cover my ears to loud noise

I enjoy making lots of noise – the louder the better

I chew on everything in sight. I love crunchy foods

I'm very sensitive to smells

I take out the tags in my clothes and there's some fabrics I won't wear

I don't notice if my clothing is disheveled or not on right

I love being tickled and massaged

I don't like being tickled

Don't touch me

Tackle me, roll on the floor with me, give me bear hugs

I hate wearing shoes

I'm really cautious with every step I take

I hate being barefoot

I love taking risks, jumping from high up and crashing into things