



# Taste



recognises and processes flavour.



Impacts on how I process and react around food.



Impacts on the foods I eat and how strongly I taste them.



Foods may seem spicy to me whereas others taste it as sour.



Messages are sent to my brain to tell it how to react to different tastes.



## Signs of being hypersensitive



May only eat foods of a certain texture.



May have a limited diet.



May prefer to eat alone.



something else



## Signs of being hyposensitive



May try to eat things that are not edible.



May enjoy foods that have a strong flavour.



May chew hair.



something else

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# Smell



recognises and processes the smells and scents around me



Impacts on how I process and react to different smells.



Impacts on the foods I eat and how strongly I taste them.



I may over use or under use deodorant.



Awareness and recognition of some people, place or memory.



Messages are sent to my brain to tell it how to react to smells and scents and to help me to understand what these smells mean.



## Signs of being hypersensitive



May be unable to eat or be around certain foods.



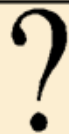
May avoid going to places with strong smells.



May be able to smell things from a distance.



May avoid people who wear particular smells.



something else



## Signs of being hyposensitive



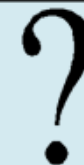
May smell people to interact with them.



May enjoy foods that have a strong smell.



May not smell strong odours.



something else

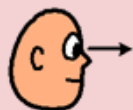
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# Sight



recognises and processes what I see



Impacts on how I process and react to brightness and darkness.



Flashing lights can increase or decrease anxiety



Darkness or brightness can make me feel distressed or safe



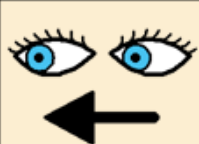
Awareness and recognition of colours



Messages are sent to my brain to tell it how to react to what I see and to help me understand what I see .



## Signs of being hypersensitive



May prefer to look out of the corner of their eyes.



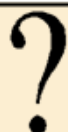
May find it easier to see the details of something rather than the whole picture.



May prefer dark spaces.



May appear calmer around certain colours.



something else



## Signs of being hyposensitive



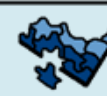
May find walking down stairs difficult as finds it difficult to judge distance of next step.



May have difficulty catching ball as has difficulty judging the distance.



May find it challenging to find specific things amongst other things.



May find jigsaws challenging.



something else

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# Hearing or Auditory



recognises and processes sounds



Is it too loud?



Is it too quiet?



What is that sound?



Messages are sent to my brain to tell it how to react to sounds and how to recognise sounds.



Signs of being hypersensitive



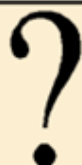
May cover ears.



May react strongly to loud sounds.



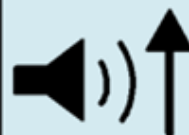
May appear irritated around a particular person when they speak.



something else



Signs of being hyposensitive



Plays music or TV loudly.



Struggles to work out the direction of sounds.



Does not respond to their name being called.



something else

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# Touch or Tactile



recognises and processes things I can feel



Focuses on my internal sense of gravity.



Impacts on how I balance.



Helps me to sit upright and maintain my energy levels.



Messages are sent to my brain to tell it what my skin is reacting to and how much pressure there is against my skin.



## Signs of being hypersensitive



May react strongly to labels and/or seams in clothes.



Appears to prefer clean hands so avoids messy work.



May appear visibly distressed with wet things such as shampoo or sunscreen.



something else



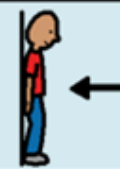
## Signs of being hyposensitive



Touches other people without realising others may be uncomfortable.



May not feel when they are dirty and need to get cleaned.



Touches walls and door when walking passed.



something else

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# Vestibular



recognising and processing movement and balance.



Focuses on my internal sense of gravity.



Impacts on how I balance.



Helps me to sit upright and maintain my energy levels.



Messages are sent to my brain to tell it how to keep me balanced and keep my body posture.



## Signs of being hypersensitive



May appear to be afraid of heights.



Does not like feet being off the ground.



May appear clumsy or lose balance easily.



something else



## Signs of being hyposensitive



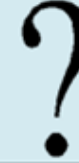
May spin without getting dizzy



Enjoys rollercoasters and thrill seeking



Enjoys rocking or swinging.



something else

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# Proprioception



recognises and processes where each part of the body is and how it moves.



Awareness of where different parts of the body are.



Ability to judge whether I will be able to fit into a space.



Awareness of how close I am to others or objects.



Messages are sent from the joints and muscles to the brain to let it know where the body is such as the distance, space and how it is moving.



## Signs of being hypersensitive



May have difficulty with fine motor tasks such as buttoning.



May write lightly.



May have low muscle tone so slumps a lot.



something else



## Signs of being hyposensitive



Frequently bumps into people and objects.



May be heavy footed.



Enjoys rough play.



something else

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# Nociception



recognises and processes pain.



Extremely  
high or low  
pain threshold.



May display  
self injurious  
behaviours.



Strong  
reactions to  
seemingly  
small bumps.



These nerves send messages to the brain to make it aware of pain and injury.



Signs of being hypersensitive



Significant pain  
from small injury.



Extreme negative  
reaction to pain.



Fear about taking  
risks due to  
possibility of pain.



something else



Signs of being hyposensitive



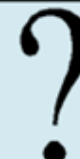
Unaware of  
serious injury.



May self harm.



Being too rough  
with others.



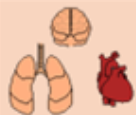
something else



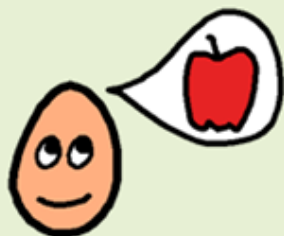




# Interoception



recognises and processes what is happening inside the body



Am I hungry?



Am I thirsty?



Do I need the toilet?



These messages travel from different parts of the body to the brain.



Signs of being hypersensitive



eat more



go frequently to the toilet



drink more frequently



something else



Signs of being hyposensitive



not feel hungry



not feel the need to go to the toilet until desperate



not feel thirsty



something else

