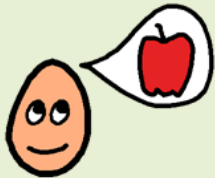




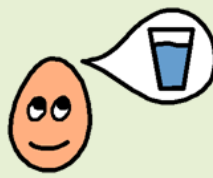
Interoception



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



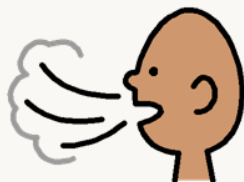
not feel thirsty



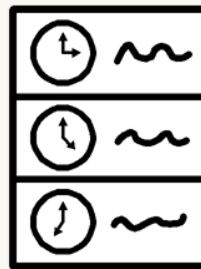
something else



What can I do to better support my interoceptive sense?



Try breathing exercise when I can feel and hear my heart beat



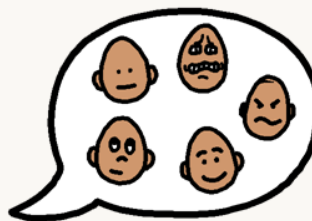
Go to the toilet at the same times each day.



Stim



Take time to focus on how your body feels.



Talk about how I am feeling.



Plan out when to eat and drink throughout the day.

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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.



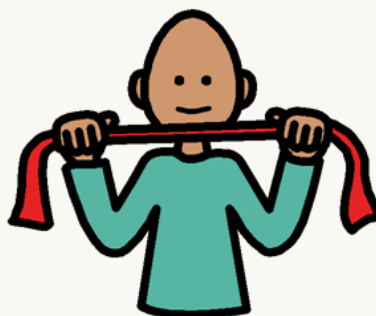
something else



What can I do to better support my nociceptive sense?



Ping elastic bands against wrist



Stretch theraband



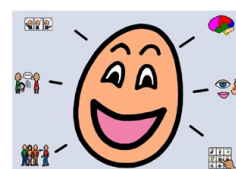
Give self a tight pressured hug



Use a scratch board

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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



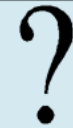
Frequently bumps into people and objects.



May be heavy footed.



Enjoys rough play.



something else



What can I do to better support my proprioceptive sense?



Wear slip on shoes rather than laced shoes



Use weighted resources when required



Use velcro shirts instead of buttoned shirts



Push against wall for 3 minutes



Wrap arms around self for a tight hug



Try doing plank exercises.

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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



Signs of being hyposensitive



May appear to be afraid of heights.



Does not like feet being off the ground.



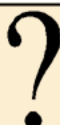
May spin without getting dizzy



Enjoys rollercoasters and thrill seeking



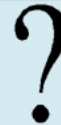
May appear clumsy or lose balance easily.



something else



Enjoys rocking or swinging.



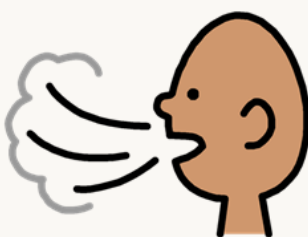
something else



What can I do to better support my vestibular sense?



Use a wobble cushion



Focus on a breathing exercise



Try to wear flat shoes without a heel



Try crossing and uncrossing legs to improve blood flow



Remember to drink



Regular movement breaks

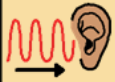
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Hearing or Auditory



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.



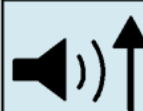
May appear irritated around a particular person when they speak.



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



What can I do to better support my auditory sense?



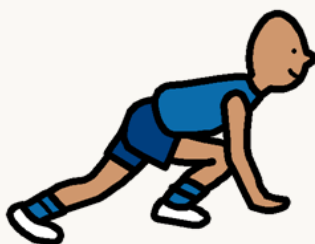
Use ear defenders when sounds are becoming too much



Listen to music or preferred sounds when there are too many sounds



Stand at least an arm's length apart when speaking with someone



Ask for preparation for alarms



Ask the speaker to look at me so that I can understand what they are saying



Ask people to use my name when they are talking to me

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Touch or Tactile



recognises and processes things I can feel



Impacts on how I react to vibrations.



Impacts how I respond to textures.



Can help me to recognise people.



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



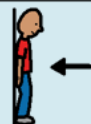
Signs of being hyposensitive



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



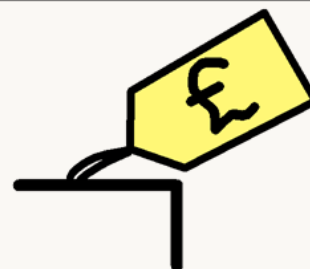
What can I do to better support my tactile sense?



Use dry shampoo from time to time.



Wear gloves when cooking, washing hair



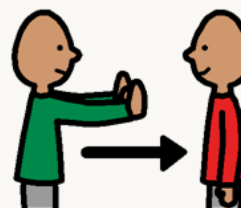
Remove tags from clothes



Bathe more frequently but for shorter periods of time



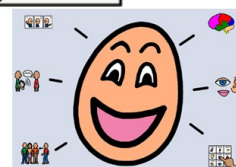
Ask for deep pressure input.



Ask people for increased space and before touching them

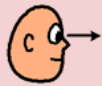
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Sight



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.



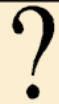
May find it easier to see the details of something rather than the whole picture.



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.



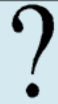
May have difficulty catching ball as has difficulty judging the distance.



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



May find jigsaws challenging.



something else



What can I do to better support my visual sense?



Try sunglasses or tinted glasses



Try different colours of overlays



Use the hand rail when walking down stairs



Take regular breaks from screens



Try to follow a good sleep routine



Reduce clutter to allow brain to process what needs to be seen.

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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.



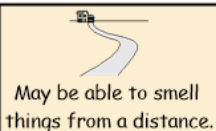
Signs of being hypersensitive



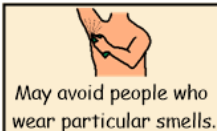
May be unable to eat or be around certain foods.



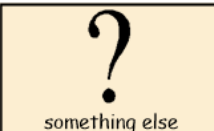
May avoid going to places with strong smells.



May be able to smell things from a distance.



May avoid people who wear particular smells.



something else



Signs of being hyposensitive



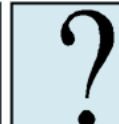
May smell people to interact with them.



May enjoy foods that have a strong smell.



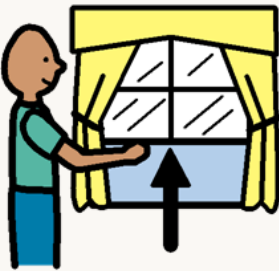
May not smell strong odours.



something else



What can I do to better support my olfactoral sense?



Keep rooms ventilated and sit near a window



Use deodorant at the same time during each day to form the habit



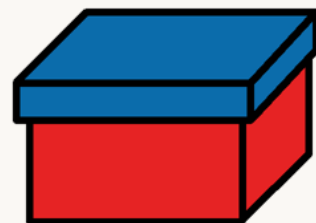
Keep safe smells nearby to use when needed



Use unscented hygiene products



Use strong smelling hygiene products



Create a sensory smell box

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Taste



recognises and processes the smells and scents around me



Impacts on how I process and react around foods.



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



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



I may prefer foods of a particular colour as they are 'safe' foods for me.



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 particular 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 smell.



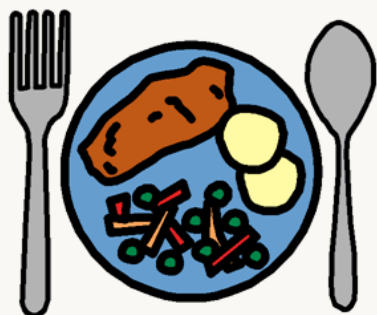
May chew hair.



something else



What can I do to better support my gustatorial sense?



Relaxed mealtimes.



Keep different foods from touching on the plate



Avoid sitting near someone with strong smelling foods



Take movement breaks as required



Ask for seasoning



Make a list of safe foods to share with others

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