



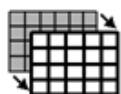
Sensory Sensitive Strategies



important
information



There are more than five senses. These include the proprioception (where our body is in relation to other people/objects); the interoception (internal messages within the body); vestibular sense (balance and movement)



The responses to sense vary for each person and can vary throughout the day. Some people may experience heat quicker than others and others may experience cold quicker than others.



When sensory needs are not met, this can cause a stress reaction in the brain which can be obvious at the time or later.



Access to different writing implements etc.



Use visual supports for instructions, descriptions and explanations.



Access to wobble cushions



Access to therabands or resistance bands



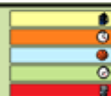
Give access to appropriate fidgets to help with concentration.



Allow more processing time.



Natural movement and regular learning breaks allows for processing and refocus time.



Chunk tasks, instructions and lessons with processing breaks.



Ear defenders readily available



Long verbal or visual information is overstimulating and challenging to follow.



Provide printed notes and topic specific word banks.



Shorter, to the point tasks allows the brain to filter out irrelevant information.



Have a seating plan.



Visual timetables, now/next boards and visual example of expected work outcome are vitally important.



Standing stations



Tolerance levels vary significantly throughout the day. Reduce demands appropriately and manage expectations.



Access to different coloured fonts, backgrounds, pens, jotters, overlays.