

**UNDER CONSTRUCTION**



**YOUR SENSES**

**RE-BUILDING &  
REGULATING  
YOUR SENSES**

**NAME:**

IF I'M NOT WORKING AS WELL AS I CAN I MIGHT:

- BE WOBBLY
- FIND IT HARD TO SIT UP
- BUMP IN TO THINGS

# VESTIBULAR

I AM YOUR MOVING SENSE



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↓ WHAT MIGHT HELP CALM ME ↓

- Swinging
- Swaying
- Rocking

↑ WHAT MIGHT HELP WAKE ME UP ↑

- Jumping
- Bouncing
- Running

**IF I'M NOT WORKING AS WELL AS I CAN I MIGHT:**

- USE TOO MUCH OR TOO LITTLE FORCE
- BUMP INTO THINGS
- FIND IT HARD TO ORGANISE MY BODY
- ALWAYS MOVE & FIDGET

# PROPRIOCEPTION

I AM YOUR BODY SENSE



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**↓ WHAT MIGHT HELP CALM ME ↓**

- Heavy work – activities that use lots of muscles
- Massage
- Bear hugs
- Heavy things on me like weighted blankets, or hot water bottle



**↑ WHAT MIGHT HELP WAKE ME UP ↑**

- Rough and tumble play
- Crashing
- Rolling
- Fast movement

# INTEROCEPTION

I AM THE SENSE THAT TELLS YOU HOW YOU FEEL INSIDE

IF I'M NOT WORKING AS WELL AS I CAN I MIGHT:

- BE UNSURE WHEN TO EAT OR DRINK
- NOT KNOW WHEN TO GO TO THE TOILET
- NOT KNOW IF I AM HOT OR COLD



## WHAT MIGHT HELP ME

- Yoga
- Breathing games
- Notice what might be happening inside like your heart beating after running



**IF I'M NOT WORKING AS WELL AS I CAN I MIGHT:**

- CLOTHES FEEL UNCOMFORTABLE
- CAN'T TELL IF SOMETHING IS HOT OR COLD
- CUTS OR BRUISES CAN FEEL HUGE OR I MIGHT NOT FEEL THEM AT ALL
- HARD TO PLAY WITH SMALL TOYS OR WRITE & DRAW

# TOUCH

I TELL YOU HOW THINGS FEEL FROM THE OUTSIDE



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**↓ WHAT MIGHT HELP CALM ME ↓**

- Snuggly, soft textures
- Bear hugs
- Fiddle toys

**↑ WHAT MIGHT HELP WAKE ME UP ↑**

- Tickling
- Messy play
- Vibration

IF I'M NOT  
WORKING AS  
→  
WELL AS I  
CAN I MIGHT:

- PUT THINGS IN MY MOUTH
- DON'T LIKE LOTS OF FOODS
- OTHERS CAN FIND IT HARD TO UNDERSTAND MY WORDS

# ORAL

I TELL YOU HOW TO MOVE AND FEEL IN YOUR MOUTH

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↓ WHAT MIGHT HELP CALM ME ↓

- Sucking
- Blowing
- Chewing

↑ WHAT MIGHT HELP WAKE ME UP ↑

- Crunching on ice
- Chewing gum

IF I'M NOT WORKING AS WELL AS I CAN I MIGHT:

- DON'T LIKE LOTS OF FOODS
- FOODS TASTE OF NOTHING
- AVOID MIXED TEXTURES

# TASTE

I TELL YOU WHAT THINGS TASTE LIKE



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↓ WHAT MIGHT HELP CALM ME ↓

- Chewy food
- Warm, sweet, creamy foods and drinks



↑ WHAT MIGHT HELP WAKE ME UP ↑

- Crunchy foods
- Cold, spicy, sour foods and drinks

IF I'M NOT WORKING AS WELL AS I CAN I MIGHT:

- OVER REACT OR UNDER REACT TO SMELL
- DON'T LIKE LOTS OF FOODS

# SMELL

I TELL YOU WHAT THINGS SMELL LIKE



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↓ WHAT MIGHT HELP CALM ME ↓

- Lavender
- Camomile



↑ WHAT MIGHT HELP WAKE ME UP ↑

- Citrus
- Peppermint



IF I'M NOT WORKING AS WELL AS I CAN I MIGHT:

- EASILY DISTRACTED
- READING & WRITING IS HARD
- PUZZLES & MATCHING GAMES ARE TRICKY
- HARD TO FIND THINGS

# SIGHT

I TELL YOU WHAT YOU CAN SEE



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↓ WHAT MIGHT HELP CALM ME ↓

- Neutral colours
- Dimmed lights



↑ WHAT MIGHT HELP WAKE ME UP ↑

- Bright lights
- Colourful environment

**IF I'M NOT WORKING AS WELL AS I CAN I MIGHT:**

- EVERYTHING SOUNDS TOO LOUD OR TOO QUIET
- PUT HANDS OVER MY EARS
- NOT HEAR MY NAME BEING CALLED
- BE UNABLE TO FOLLOW INSTRUCTIONS

# SOUND

I TELL YOU WHAT YOU CAN HEAR



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**↓ WHAT MIGHT HELP CALM ME ↓**

- Soothing sounds
- Slow, rhythmic music

**↑ WHAT MIGHT HELP WAKE ME UP ↑**

- Fast paced or loud music
- High pitched sounds