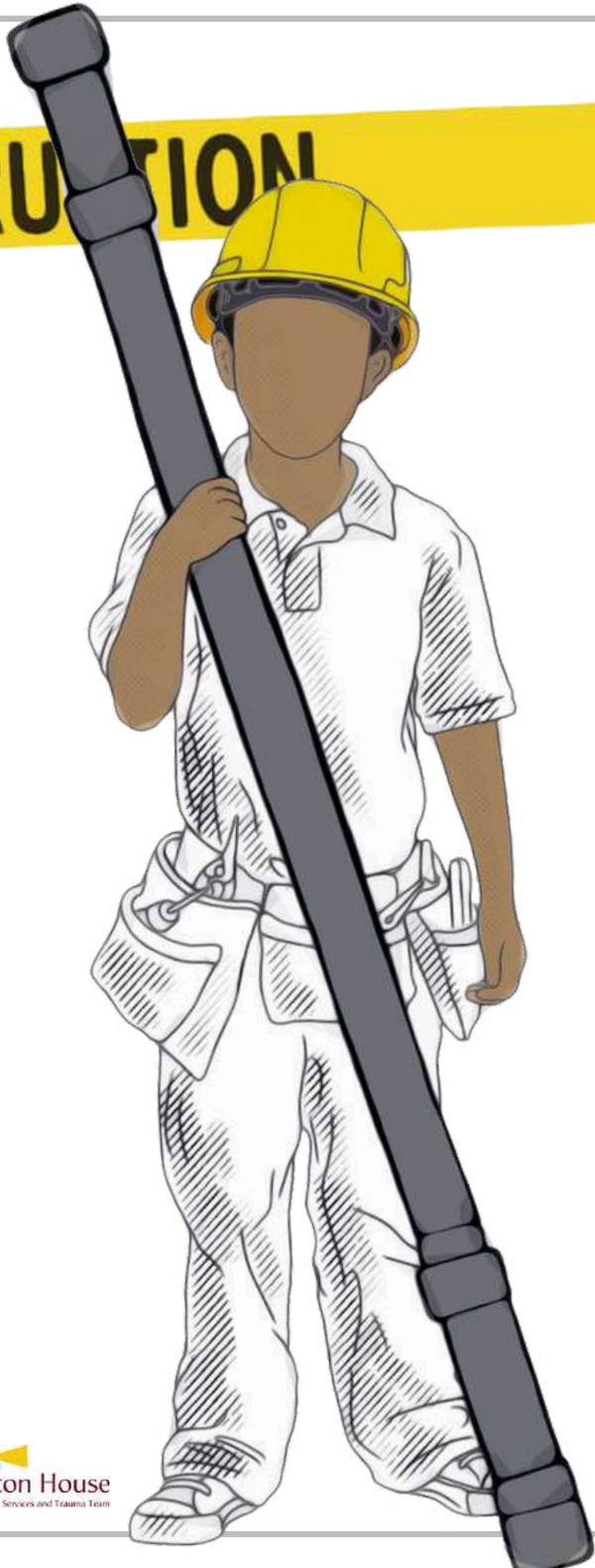


**CONSTRUCTION**

**UNDER CONSTRUCTION**

**UN**



**MY SENSES**

**RE-BUILDING &  
REGULATING  
MY SENSES**

**NAME:**



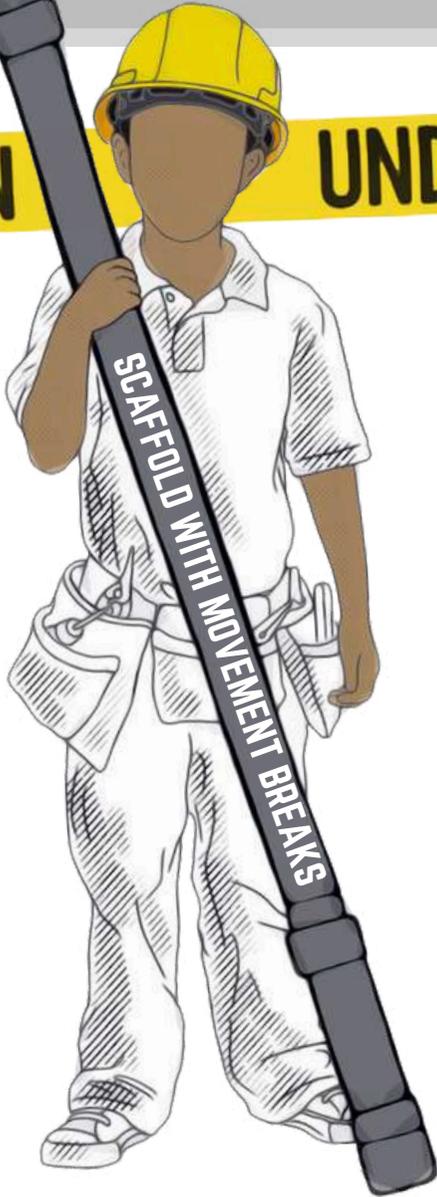
# VESTIBULAR

I AM YOUR MOVING SENSE

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

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

**UNDER CONSTRUCTION**



↓ 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



**UNDER CONSTRUCTION**

**↓ 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 around
- Rolling
- Fast movement

**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

# INTEROCEPTION

I AM THE SENSE THAT TELLS YOU HOW YOU FEEL INSIDE

**UNDER CONSTRUCTION**

**UNDER CONSTRUCTION**

## WHAT MIGHT HELP ME

- Yoga
- Breathing games
- Others describing their  
own body sensations
- Being curious with me  
about my sensations



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

- FIND CLOTHES UNCOMFORTABLE
- SEEK OR AVOID CERTAIN TEXTURES, ITEMS AND TOUCH
- FIND THAT CUTS OR BRUISES FEEL HUGE OR NOT FEEL THEM AT ALL
- FIND IT HARD TO PLAY WITH SMALL TOYS OR WRITE & DRAW

# TOUCH

I TELL YOU HOW THINGS FEEL FROM THE OUTSIDE



**UNDER CONSTRUCTION**

**UNDER CONSTRUCTION**

↓ **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
- DISLIKE LOTS OF FOODS
- FIND OTHERS STRUGGLE TO UNDERSTAND MY WORDS

# ORAL

I TELL YOU HOW TO MOVE AND FEEL IN YOUR MOUTH

**UNDER CONSTRUCTION UNDER CONSTRUCTION**



**↓ 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:**

- DISLIKE LOTS OF FOODS
- FIND THAT FOODS TASTE OF NOTHING
- AVOID MIXED TEXTURES

# TASTE

I TELL YOU WHAT THINGS TASTE LIKE



**UNDER CONSTRUCTION**

**UNDER CONSTRUCTION**

**↓ WHAT MIGHT HELP CALM ME ↓**

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

**↑ WHAT MIGHT HELP WAKE ME UP ↑**

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

SCAFFOLD WITH SNACKS OR DRINKS WHENEVER NEEDED

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

- OVERREACT OR UNDERREACT TO SMELL
- DISLIKE LOTS OF FOODS

# SMELL

I TELL YOU WHAT THINGS SMELL LIKE



UNDER CONSTRUCTION

UNDER CONSTRUCTION

↓ 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:**

- BE EASILY DISTRACTED
- FIND BRIGHT LIGHTS TOO MUCH
- FIND PUZZLES & MATCHING GAMES TRICKY
- FIND IT HARD TO FIND THINGS

# SIGHT

I TELL YOU WHAT YOU CAN SEE



**UNDER CONSTRUCTION**

**UNDER CONSTRUCTION**

↓ 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:**

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

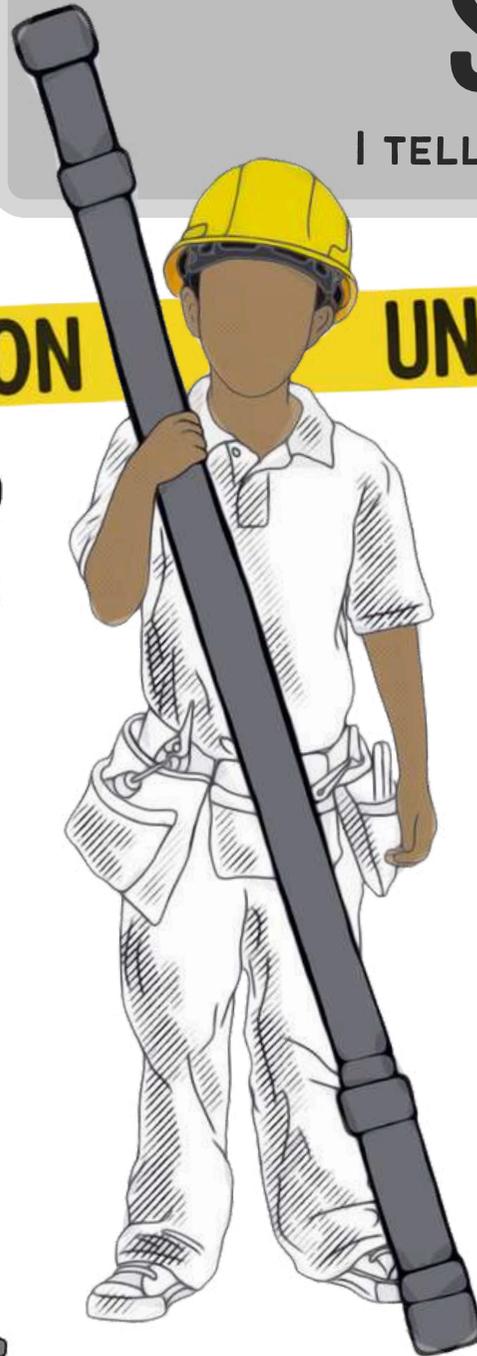
# SOUND

I TELL YOU WHAT YOU CAN HEAR



**UNDER CONSTRUCTION**

**UNDER CONSTRUCTION**



↓ **WHAT MIGHT HELP CALM ME** ↓

- Soothing sounds
- Slow, rhythmic music

↑ **WHAT MIGHT HELP WAKE ME UP** ↑

- Fast paced or loud music
- High pitched sounds