

SENSORY PROCESSING REFERENCE GUIDE

INTRODUCTION:

THIS HANDOUT IS MEANT TO SERVE AS A HANDY REFERENCE FOR DAILY SENSORY REGULATION. YOUR GOAL IS TO HAVE YOUR CHILD FEEL “JUST RIGHT” AND TO ELIMINATE HYPER-AROUSAL (OVER STIMULATION) OR HYPO-AROUSAL (UNDER STIMULATION).

DIRECTIONS:

1. COPY THE HANDOUT ON HEAVY STOCK PAPER (ALL OF THEM OR JUST THE ONES THAT ARE APPROPRIATE TO YOUR NEEDS)
2. CUT PAPER TO SIZE
3. LAMINATE EACH SHEET
4. BIND LAMINATED SHEETS TOGETHER

***SPECIAL NOTE:** A SENSORY PROCESSING REFERENCE GUIDE WILL BE PROVIDED IN A RAFFLE FOLLOWING THE PRESENTATION*

AUDITORY PROCESSING

Hyper-arousal (calm)

- Offer familiar/expected activities
- Utilize a quiet space
- Utilize slow movements
- Encourage quiet, gentle, melodic, simple sounds
- Provide earplugs or headphones
- Reduce volume of TV and other electronics
- Insulate room from outside
- Use fans, air conditioner to sooth

AUDITORY PROCESSING

Hypo-arousal (alert)

- Offer unexpected activities
- Utilize quick, complex, changing movements
- Encourage loud, quick, pronounced sounds

VISUAL PROCESSING

Hyper-arousal (calm)

- Offer constant, predictable stimuli
- Provide dim/natural lighting - avoid glare
- Avoid making eye contact/accept gaze avoidance
- Sit side - by - side
- Provide soothing colors
 - Blue/grey/green shades

VISUAL PROCESSING

Hypo-arousal (alert)

- Offer unexpected stimuli
- Provide changing, moving patterns of light/busy patterns
- Provide bright lighting
- Provide alerting colors
 - Red/yellow shades
 - Black/white

TACTILE PROCESSING

Hyper-arousal (calm)

- Offer deep pressure or firm touch
- Offer slow stroking/constant touch
- Offer diffuse touch
- Offer warmth
- Provide various textures/fidgets
 - Smooth
 - Soft
 - Dull

TACTILE PROCESSING

Hypo-arousal (alert)

- Offer light touch/tickle
- Offer unexpected touch
- Use poking/dabbing touch
- Use specific, single area touch
- Provide various textures
 - Rough
 - Scratchy
 - Itchy
 - Cold

GUSTATORY PROCESSING

Hyper-arousal (calm)

- Offer foods that are familiar and pleasurable
- Offer a variety of foods
 - Suck
 - Chew
 - Blow
- Offer foods that are:
 - Sweet (raisins, candies, apple sauce, or sweet potatoes)
 - Soft/smooth
 - Warm
- Support chewing movement patterns
 - Tend to move food around in mouth

GUSTATORY/TASTE PROCESSING

Hypo-arousal (alert)

- Allow the sensory need to chew
- Offer a variety of foods
 - Bite
 - Lick (lollipops)
 - Blow (bubble gum)
- Offer foods that are:
 - New/different
 - Spicy (hot salsa, cinnamon gum)
 - Sour/tart (cranberries, grapefruit, lemon wedge, sour gum/candy)
 - Crunchy (pretzels, nuts, raw vegetables, apple, rice cake, granola)
 - Cold (popsicles, snow cones, flavored ice cubes)
 - Salty (potato chips, crackers)

OLFACTORY PROCESSING

Hyper-arousal (calm)

- Avoid imposed smells
- Provide familiar, pleasurable scents
- Offer aroma therapy/essential oils (with caution)
 - Lavender
 - Chocolate
 - Warm apple pie/cider
 - Coconut

OLFACTORY PROCESSING

Hypo-arousal (alert)

- Offer aroma therapy/essential oils
 - Most are initially alerting at initial exposure
 - Citrus
 - Grapefruit
 - Lemon
 - Orange
 - Peppermint
 - Jasmine

VESTIBULAR PROCESSING

Hyper-arousal (calm)

- Offer slow, rhythmic movements
- Move in one direction
 - Walk
- Move at a steady pace
- Use grounded equipment
 - Stationary bike

VESTIBULAR PROCESSING

Hypo-arousal (alert)

- Offer fast, jerky movements
- Change direction of movements
 - Dance
- Use start/stop movements
 - Red light/Green light game
- Add visual stimulus/incentive
 - Flashlight
- Invert head
- Utilize suspended equipment
 - Swings

PROPRIOCEPTIVE PROCESSING

Hyper-arousal (calm)

- Offer slow, steady movements
- Utilize slow stretch or joint compression
 - Push on walls
 - Erase the blackboard
- Utilize slow push/pull movements
 - Pull a wagon/wheel barrel
 - Mop the floor
- Offer resistive, heavy work
 - Carry heavy box
 - Stack chairs

PROPRIOCEPTIVE PROCESSING

Hypo-arousal (alert)

- Offer quick, jerky, unexpected movements
- Utilize jerky/jarring movements
 - Jump board
 - Tug of war
- Offer quick joint compression
- Offer fast changing movements
- Offer fast changing movements
 - Jump board
 - Carnival rides