

WHAT IS SENSORY PROCESSING?

Sensory processing is the basic human function that refers to the way the nervous system receives and interprets information from the senses and turns them into appropriate responses.

What are the basic senses?

TOUCH



TACTILE

We receive information from our tactile system through our skin (from head to toe) to gauge everyday sensations such as temperature, vibration, pressure, itching and pain.

SMELL



OLFACTORY

It is our bodies way of taking in information about our surrounding to help us gauge if they are safe, harmful and even whether they are important to notice or not.

TASTE



GUSTATORY

We receive information from our oral system through our mouth, allowing us to experience textures, temperatures, and flavors in everyday life.

HEARING



AUDITORY

We receive auditory input through our ears to gauge the importance of the sounds we here, where they come from, how close they are and whether we have heard those sounds before.

SEEING



VISUAL

It is our bodies way of taking in information about our surrounding to help us gauge if they are safe, harmful and even whether they are important to notice or not. It isn't simply about our ability to see (20/20 vision), but our ability to track, locate, and discriminate things around us.

MOVEMENT



VESTIBULAR

This is your ability, desire, or avoidance to move through space. Spinning, Turning, Flipping, Climbing... these are all vestibular activities.

POSITION



PROPRIOCEPTIVE

This is our body's ability to sense where we are in relationship to our surroundings. Think twister, simon says, or even hop-scotch. These use our body's sense of awareness to interpret the world around us. Pushing, pulling, stomping, squeezing, jumping, bending.

COMMON SENSORY BEHAVIORS

Sensory Systems

TACTILE



- * Prefers Tight Clothing
- * Always Seems Dirty/Messy
- * Not Aware of Being Touched
- * High Pain Tolerance
- * Craves Touch

AVOIDING

- * Avoids Certain Textures/ Clothing
- * Avoids Messy Play
- * Dislikes Baths
- * Refuses Bare Feet
- * Avoids Hugs

OLFACTORY



- * Smells Objects
- * Prefers Foods with Strong Smells
- * Can't Avoid Smelling Things Often
- * Doesn't Notice Dangerous Smells
- * Smells Objects Constantly

- * Avoids Particular Smells
- * Becomes Angry Around Smells
- * Gags with Certain Smells or Foods
- * Foods Don't Taste Appealing
- * Avoids Public Places

ORAL



- * Craves Certain Foods
- * Prefers Spicy or Hot Foods
- * Bites Frequently
- * Bites/Chews Nails
- * Mouths Non-Food Items

- * Avoids Certain Textures of Foods
- * Difficulty with New Foods
- * Gags, Chokes, or Drools Often
- * Difficulty Using a Straw
- * Avoids Mushy Foods

AUDITORY



- * Prefers Loud Music
- * Frequently Uses "Outside Voice"
- * Makes Loud Noises in Quiet Space
- * Enjoys Loud Noises
- * Seems to Calm With Noises

- * Cries, Screams, or Becomes Angry Over Loud Noises
- * Covers Ears in Social Situations
- * Avoids Everyday Noises (toilets)
- * Bothered by High Pitched Noises

VISUAL



- * Stares at Bright Lights, Flickers, Etc.
- * Stares at Moving Objects
- * Holds Items Close for Inspection
- * Has Difficulty Focusing on Objects
- * Frequently Loses Place on a Page

- * Covers Eyes, Squints, or Screens Out Sights
- * Avoids Bright Lights
- * Scared of Moving Objects
- * Avoids Eye Contact

VESTIBULAR



- * Unable to Sit Still
- * Needs Constant Motion
- * Very Impulsive
- * Runs Instead of Walks
- * Takes Unsafe Risks

- * Scared of Movement Activities
- * Fearful of Heights
- * Can Appear Clumsy
- * Can Seem Stubborn
- * Avoids Stairs

PROPRIOCEPTIVE



- * Runs Into Walls, Objects, or People
- * Uses Extreme Force
- * Stomps or Walks Heavily
- * Kicks Bites, Hits
- * Prefers Tight Clothing

- * Avoids Active Activities
- * Prefers to Be Still
- * Avoids Touch from Others (Hugs)
- * Difficulty Using Stairs
- * Prefers Familiar Activities