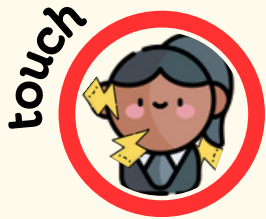


Sensory Needs

sensitive to / avoids or seeks



tactile

being touched / hugs
fabric / seams / tags
clothes - tight / loose
shoes / barefoot
getting messy
bathing / showering
new foods
food textures / temp



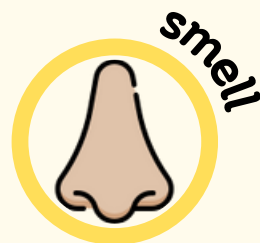
vestibular

moved by someone
ride on equipment
spinning activities
head height / position
balancing activities
climbing up stairs
climb down ladders
being high up
less stable ground surfaces
riding in car / bus



auditory

loud sounds
noisy settings
watching TV / music
speaking in busy places
background noises
games with rapid
instructions
conversations
singing alone / with others



olfactory

new smells / scents
odours; perfume, petrol,
cleaners
non-food; flowers, plastic,
playdough, rubbish



gustatory

new foods
only eats familiar foods
strong flavoured foods



visual

learning to read
shiny, spinning or moving objects
hand eye coordination activities
puzzles, mazes
crowded places
finding objects
bright light / sunshine
dim light
action TV, films, games
new visual experiences



proprioception

pushing, jumping, banging,
climbing, hanging, active
high risk play
fine motor tasks
physical strength activities
eats crunchy foods
eats smooth foods
closes eyes open / closed



interoception

doesn't detect:
where there is pain
if something hurts
thirsty / hungry
when full
need for toilet
when too hot / cold
when to go to sleep
to take a deep breath