Sensory Processing

What is it?

Sensory processing is how we organise, interpret, perceive and use information from our sensory systems to form a coordinated response. Sensory input involves information we receive through smell, taste, hearing, sight, touch, movement and position in space sensory systems. How children integrate sensory information can affect their ability to pay attention, demonstrate knowledge, interact with others, move, develop self-esteem and self-control, express feelings and learn.

Alerting activities for a lethargic child

- Sipping ice water from a water bottle
- Bright lights
- Pat cool water on the face as needed
- Regular movement breaks during difficult/sedentary activities (eg jump, march in place, sit ups)
- Encourage active games during breaks (eg: tiggy, hide and seek, swinging, climbing, ball games)
- Suck on sour lollies or chew on chewing gum

Calming activities for an overly active child

- Low level lighting
- Calm music in background or through headphones
- Use soft voice and slow movements
- Provide a secluded area with bean bags, cushions and blankets for the child to sit and calm down
- Push down firmly on child's shoulders with equal and constant pressure
- Provide heavy work opportunities (eg: put heavy books away, move chairs, wipe tables)
- Bounce on trampoline or gym ball
- Provide fidget toys while sitting and listening

Great ways to grow