



Sensory Diet Information

Sensory integration is about how our brain receives and processes sensory information so that we can do the things we need to do in our everyday life.

For someone with sensory processing, the messages that our brains are getting from our senses are unorganised and our responses may be unusual and disorganised.

Our sensory system organizes sensation from one's own body and the environment, making it possible to use the body effectively within the environment.

The 8 Senses



Sight



Hearing



Smell



Touch



Taste

In sensory integration we are interested in all 8 senses. You can probably immediately think of 5 – seeing, hearing, tasting, smelling and the sense of touch.

The other 3 are **proprioception**, **vestibular** and **interoception**. See descriptions below.



Our muscles and joints have tiny sensory receptors that tell our brain where our body parts are.

- When you put a spoon to your mouth, you don't need to look at the spoon to see where it is or feel for your mouth to know where to place the spoon; you know where your hand is in relation to your mouth. It is largely your proprioceptive receptors giving you this information.



In our inner ear we have small, fluid filled canals, the fluid in these canals moves every time we move our head. Receptors in these canals pick up the direction of movement and send this information on to our brain. So we know if we are moving forwards, backwards, side to side, tilting our head, turning round or moving up and down. Once again, our brain uses this information to plan for movements and help us maintain our balance



Interoception is how our body tells our brain what is going on inside our body, when we are hungry or feel full, when our heart is beating fast or when we have that sensation of butterflies in the stomach.



Understanding sensory integration link:

https://www.youtube.com/watch?v=1_Iuj8dr9oY

Please use the attached Sensory Unpicking forms to find out what your child's sensory preferences are. This will help you identify what their sensory needs are and what activities could help from the list below.

Tactile – Sensitivities to touch

Activity suggestions for home:

- Exploring different textures of objects and foods.
- Having something that they can move, twist, flick or play with at home
- Using shaving foam, custard powder, cornflour, oatmeal and other things that students can use for messy tactile play.

Vestibular – Balance

Activity suggestions for home:

- Using the pavement outside to walk along
- Swinging (If you have one, if not bouncing on a ball will give the same input)
- Taking a walk
- Rocking back and forth
- Rhythmic bouncing on a ball
- Lying on a couch with head down looking up towards the ceiling
- Jumping on a trampoline (Jumping up and down if no trampoline)
- Scooters
- Jump Rope
- Create an obstacle course from household items (Cushions, chairs, balls)

Proprioception – Muscle Movement

Activity suggestions for home:

- Weight-bearing activities (Crawling, push-ups)
- Resistance activities (Pushing, Pulling)
- Heavy Lifting – (Carrying washing basket, books, cushions, any objects and doing chores)
- Cardiovascular Activities – (running, jumping, spinning, jumping on a trampoline, falling off settee into lots of cushions or a soft mat)
- Oral activities – (Chewing gum, gummy bears, rice, peppers, blowing bubbles)
- Deep pressure: Tight Hugs, placing a cushion on child's legs, arms and torso and applying pressure.

Auditory - Hearing:

Activity Suggestions for at home:

- Noisy toys
- Objects that make sounds
- Listening to music
- Using ear defenders (Headphones can be used alternatively)

Oral:

Activity suggestions for at home:

- Giving something to chew that gives resistance (Rice, chew toy, plastic toys, latex toys)
- Rice
- Peppers
- Chewing Gum
- Gummy Bears
- Peppers
- Hard Boiled sweets

Olfactory:

Activity Suggestions for at home:

- Nice smelling perfumes on different scuffs /objects for your child to use to smell
- Using different scented toys/using different scents at home

Visual - Sight:

Activity Suggestions at Home:

- Throwing and catching
- Exploring different light up toys and games
- Ipad Activities
- Painting – Arts and Crafts
- Visual – Relax App – (Please see pack sent home – App List)

Please find additional ideas for sensory activities and learning ideas you can do with your child at home.