Ten 10 Minute Sensory-Based Connecting Activities- Tweens/ Teens &-----

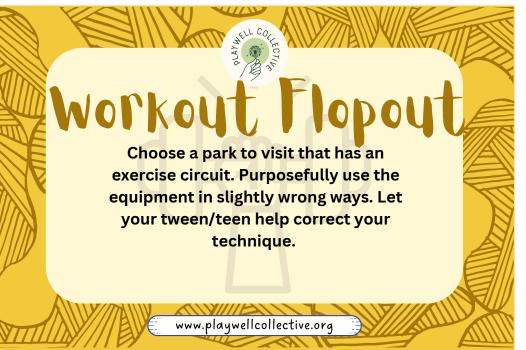




Everyone experiences sensory information in slightly different ways. Many neurodivergent people experience hyper or hypo sensitivities to sensory information that make day to day life different, and sometimes challenging or overwhelming. When our sensory needs are met, only then are we available for higher level learning and thinking. An OT can help you discover more about sensory processing patterns.

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Taste/Smell HYPOsensitive · stick to very specific safe crave high intensity flavor foods · rigid eating patterns foods-super salty • particular aversions based or spicy on smell or texture · loves scented lotions, chapstick comments on smells. · licks or mouths notices more than others objects often





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Propriocpetion

HYPERsensitivity

- hiegthened body awareness and athletic abilities
- Able to assume advanced body postures on the first try (like in yoga)
- always climbing, jumping, wrestling
- · may be overly rough "bull in china
- · walks with heavy gait, or extra bouncy on tip toes
- likes compression or heavy garments, blankets even when hot
- · Chewing on non-food items

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Vestibylgr HYPERsensitivity

- · distressed by feet off the ground
- avoids movement equipment-slides and swings
- · gets car sick easily
- doesn't like head to be tilted for hair washing

- · loves fast moving playspinning, swinging, jumping
- rocks or creates own movement when sitting
- has difficulty with seated work-slumps/leans
- likes amusement park rides

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Interoception HYPERsensitivity HYPOsensitive · heightened pain · needs reminders to eat. drink, use restroom sensitivity · heightened sensitivity to · does not feel hungry or temperature thirsty until almost frequent aches and pains emergency · difficulty with emotion + body sensation connection

