

Other Examples of Sensory Experiences

HEARING

<p>Hyper-sensitivity/ Sensory avoidance:</p> <ul style="list-style-type: none"> • covers their ears to shield themselves from sound • avoids places with a lot of noise - shops, restaurants • irritated/ agitated when exposed to specific noises • trouble focusing when there is background noise • discomfort with everyday sounds- hoovers, chewing • hard to sleep due to even faint noises • might pull back from lively social activities or outings • often asks people to be quiet • refuses to go to parades, concerts, sport events • distracted by faint sounds – machines, clocks • startled by loud or unexpected noises 	<p>Hypo-sensitivity/ Sensory seeking:</p> <ul style="list-style-type: none"> • may not respond to name being called/phone ringing • zones out in noisy environments • not bothered by loud sounds -sirens/loud music • heightened interest in sounds/ enjoys making noise • asks others to repeat what they've said, even if quiet • enjoys excessively loud music or TV • not startled by surprise, loud noises • talks to themself through a task, often out loud
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SIGHT

<p>Hyper-sensitivity/ Sensory avoidance:</p> <ul style="list-style-type: none"> • squints/covers eyes – to block out too much light • distress in visually stimulating places - busy wallpapers, cluttered rooms • uncomfortable maintaining eye contact • disturbed by fast-moving/flashing Images on TV • avoids tasks that require a lot of visual focus -puzzles • bothered by direct light -sunlight, desk lights • headaches - eye strain or overexposure • Intolerant of specific lighting, often fluorescent lights 	<p>Hypo-sensitivity/ Sensory seeking:</p> <ul style="list-style-type: none"> • difficulty copying from a board or following a map • trouble recognising people • problems distinguish between similar-looking objects • little reaction to bright lights • bumping into things • waves hands or objects in front of eyes • likes light-up spinning objects • might struggle with eye-hand coordination
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TOUCH

<p>Hyper-sensitivity/ Sensory avoidance:</p> <ul style="list-style-type: none"> • avoids touch • might resist friendly or affectionate touch • discomfort with clothing tags/ seams • discomfort with certain textures – avoids certain food • dislikes hair brushing, face washing, teeth brushing • prefers certain clothing • dislikes messy play • reacts to minor cuts or scrapes, insect bites • discomfort wearing shoes or socks /doesn't like being barefoot • distressed by accidental brushes or touches • distressed by raindrops, shower water, wind on skin • avoids contact with certain materials – in blankets/rugs 	<p>Hypo-sensitivity/ Sensory seeking:</p> <ul style="list-style-type: none"> • might not notice touch • doesn't notice injuries • fine motor skills difficulties • might not notice dirty hands, runny nose • seeks physical contact -wrestling • too much/ little pressure when writing -breaking toys • may unintentionally hurt others when playing • mouthing objects • touches everything and everyone • seeks soothing surfaces or objects • prefers hugs over other types of touch
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SMELL

Hyper-sensitivity/ Sensory avoidance:

- sensitive to even faint smells
- bothered by strong cooking or household smells
- headaches -after being exposed to certain smells
- nausea/vomiting – triggered by strong/particular smells
- smell of food feels overpowering
- may avoid places where there is strong smells
- parosmia -normal smells are distorted or unpleasant •
- cacosmia -all smells are perceived as foul
- phantosmia - senses smells that aren't present

Hypo-sensitivity/ Sensory seeking:

- may have difficulty noticing smells
- often ask others to verify or identify smells for them
- ignores or doesn't register unpleasant smells
- diminished sense of taste-closely linked with smell
- neglect of personal hygiene -body odour
- miss out on the joy of certain scents -flowers, baking
- interacts with objects by smelling them

TASTE

Hyper-sensitivity/ Sensory avoidance:

- resists trying new foods and avoids certain textures
- food or drink temperature preferences
- gags on different food textures
- distress brushing teeth
- dislikes dental visits
- strong reaction to oral discomfort - loose tooth etc
- avoids certain utensils -how they feel in their mouth
- dislikes mixed textured foods -chunky soup

Hypo-sensitivity/ Sensory seeking:

- overstuffing mouth with food
- mouthing, chewing, licking non-food items
- likes spicy foods
- difficulty chewing or swallowing
- drooling
- less/no reaction to oral Injuries
- prefers crunchy or chewy foods
- chews clothing or body parts - fingers
- hums
- bites others

VESTIBULAR (balance)

Hyper-sensitivity/Sensory avoidance:

- afraid of movement activities -swinging, drives
- feels sick/ dizzy during or after movement.
- disoriented if head position changes -bending /lying
- avoids quick movements or spinning
- fear of heights or places where the ground is uneven
- clings to people or objects - afraid of falling
- balance difficulties - riding a bike
- avoids activities or sports with a lot of movement
- fear of falling, moves cautiously, avoids taking risks
- fears feet leaving the ground
- dislikes lifts and escalators - motion sickness
- avoids stairs and uneven surfaces

Hypo-sensitivity/ Sensory seeking:

- high energy levels
- seeks movement -spinning, swinging, or bouncing
- struggles to sit still -fidgets or squirms
- craves intense and fast movements, spinning
- prefers fast-paced or high-risk activities
- difficulty with balance
- co-ordination difficulties
- likes to rock and sway
- hard to keep focused, especially if not moving
- bumps into things
- may have low muscle tone
- runs, jumps, hops instead of walking
- likes sudden or quick movements -going over bumps
- rocks, shakes leg, nods when sitting

PROPRIOCEPTION (movement)

Hyper-sensitivity/ Sensory avoidance:

- have difficulty navigating and avoiding objects when moving around
- prefers low key activities, reluctant to play
- prefers to stand by and watch others play
- too much or too little force picking up objects, writing,
- struggle to move through crowded/narrow spaces
- slouches or leans on things for support.
- misjudges distance/weight/depth -personal space
- often drops items

Hypo-sensitivity/ Sensory seeking:

- walks/runs heavily
- throw things, slam doors, makes other loud noises
- constantly seeks rough play -wrestling, slamming
- craves physical contact, bear hugs
- loves pushing, pulling, and dragging objects
- frequently hits, bumps, or pushes peers
- chews on pens, straws, shirt sleeves, etc.
- finds it hard to stay still/ constantly fidgets, moves
- often breaks objects -not knowing their strength
- prefers tight clothing- belts, hoods, laces
- grinds teeth during the day

INTROCEPTION (internal feelings)

Hyper-sensitivity:

May get overwhelmed by feelings that are part of the body's day-to-day functioning like:

- a small touch causes great pain
- feeling they have to go to the toilet all the time
- feeling full even with little food
- get distracted by their heartbeat being loud
- feeling great emotions at small things
- rejection sensitivity

Hypo-sensitivity:

May have difficulty tuning in to their own body's internal needs like:

- becoming dehydrated because they didn't drink
- forgetting to go to the toilet- constipation
- not noticing they are hungry
- sluggish and unable to move
- not noticing pain after an injury