

Sensory Processing 101

Making Sense of Sensory:
Understanding and
Supporting Sensory Needs
in Young Children

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Objectives

- **Participants will state the definition of Sensory Processing Disorder.**
- **Participants will name characteristics of an “Over-responsive” child. (Defensive)**
- **Participants will name characteristics of an “Under-responsive” child. (Seeker)**
- **Participants will name 7 specific Sensory Systems.**

D-ICEBREAKERS

1

If you could go anywhere in the world, where would you go?

2

If you were stranded on a desert island, what three things would you want to take with you?

3

If you could eat only one food for the rest of your life, what would it be?

4

If you won a million dollars, what is the first thing you would buy?

5

If you could spend the day with one fictional character, who would it be?

6

If you found a magic lantern and a genie gave you three wishes, what would you wish?

Dice Breaker





What is SPD?

Sensory Processing Disorder

A condition in which the brain has trouble receiving and responding to information that comes in through the senses.

It is **NOT** recognized in the DSM-5 as a medical diagnosis!

BRAIN HIERARCHY

FRONTAL LOBE

- *Abstract Thinking
- *Problem Solving
- *Reasoning
- *Executive Functioning
- *Organizing
- *Motor Functions
- *Regulates Emotions
- *Expressive language

FUNCTIONS

- *Organizes thoughts on paper
- *Remembers facts from teacher
- *Starts and completes tasks
- *Tells stories

TEMPORAL LOBE

- *Speech
- *Auditory Processing
- *Hearing
- *Behavior
- *Emotions
- *Short-Term memory
- *Long-term memory

FUNCTIONS

- *Processes what the teacher teaches
- *Fear
- *Fight or Flight
- *Retains Facts

FRONTAL
LOBE

TEMPORAL
LOBE

PARIETAL
LOBE

OCCIPITAL
LOBE

CEREBELLUM

SPINAL CORD

PARIETAL LOBE

- *Sensory Information

FUNCTIONS

- *Taste
- *Touch
- *Smell
- *Temperature

OCCIPITAL LOBE

- *Visual System
- *Visual Information

FUNCTIONS

- *Processes words on a page
- *Knows shapes and sizes
- *Recognizes letters
- *Knows left from right

CEREBELLUM

- *Balance
- *Coordination
- *Attention
- *Rhythm
- *Proprioception
- *Vestibular

FUNCTIONS

- *Kick a ball
- *Throw a ball
- *Jump on one foot
- *Ride a bike



INTEGRATED
Learning Strategies



SPD affects 5-16% of school-aged children.

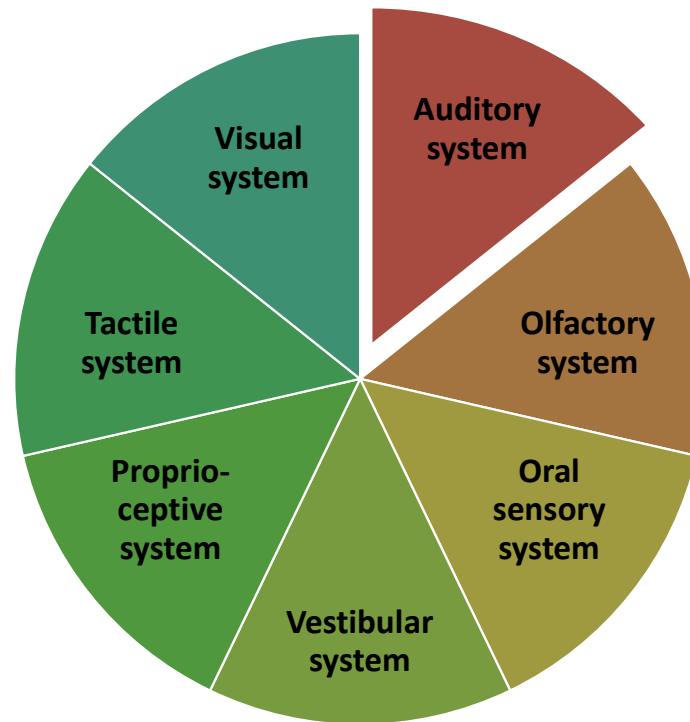
Children can also be diagnosed with Autism Spectrum Disorder, ADD, and Fragile X Syndrome

When Sensory Systems are Regulated:

- The child is not in fight or flight mode.
- The body is calm and at peace
- The brain is clear and ready to receive information.
- The child wants to learn and play.
- The child is free to explore and investigate.



The Sensory System Includes:





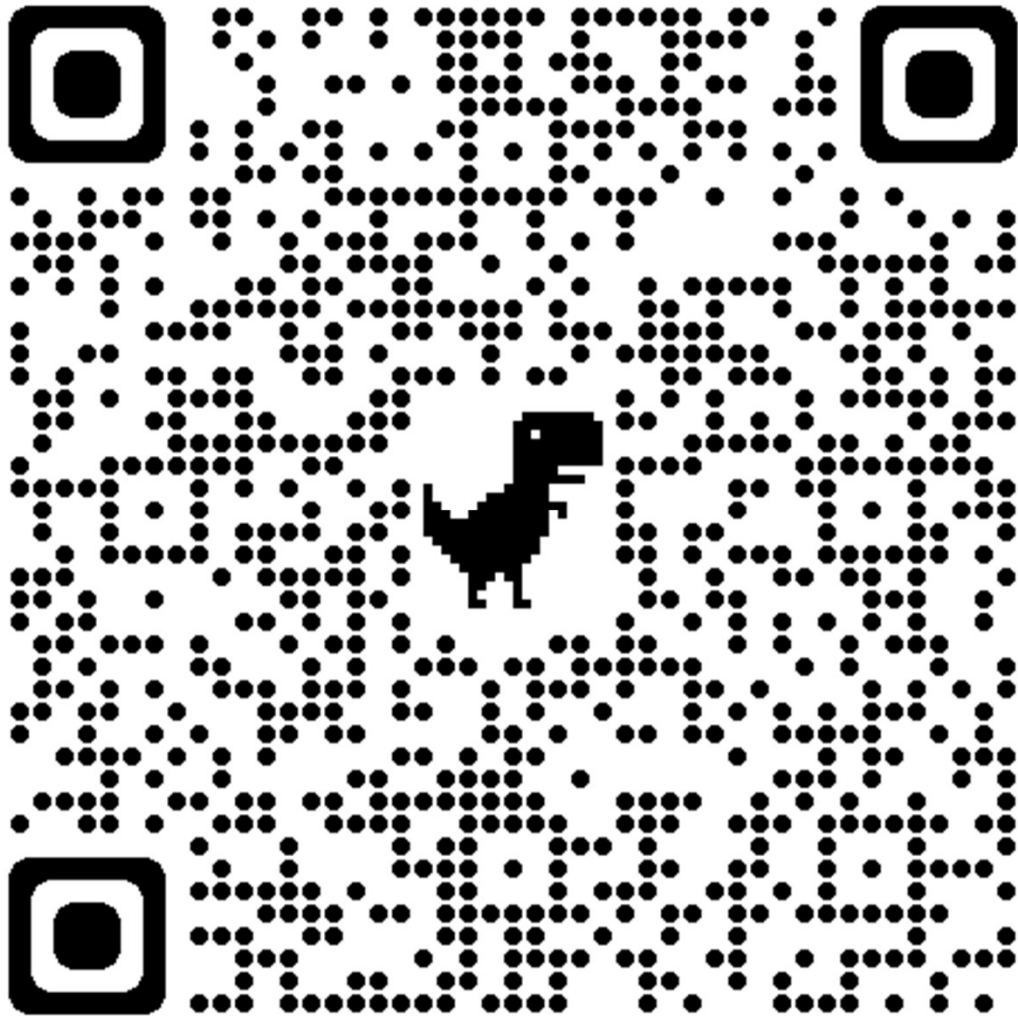
Sensory Over-Responsitivity

- Children who over respond to sensory stimuli in their environment.
- They may cover their ears at clapping or noise in the cafeteria.
- Gag at the smell of peanut butter or a public bathroom.

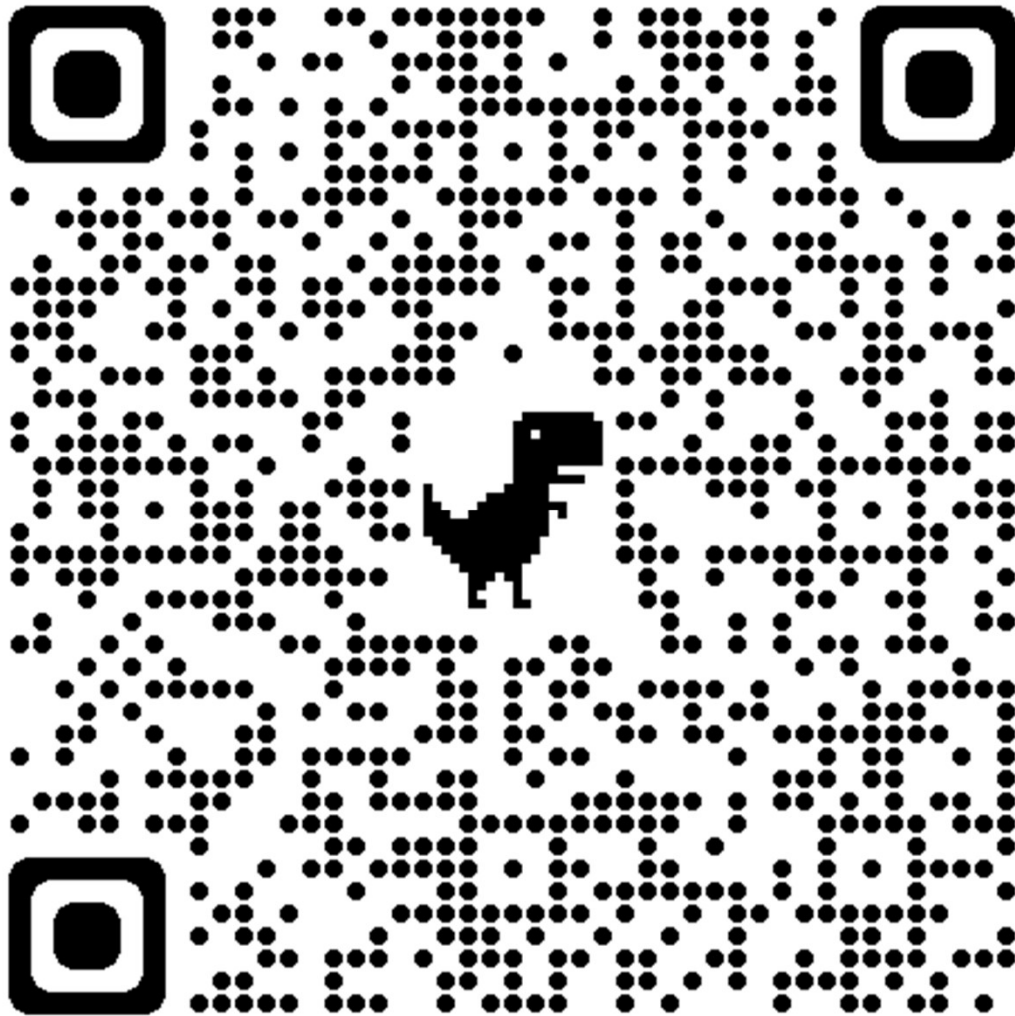
Sensory Under-Responsivity

- Children with under-responsivity register sensory input to a low degree.
- They need extra sensory input in various ways to alert their systems to be ready to learn. They crash and are rough.
- Children with SUR often are low tone, may lack initiative, and take a lot to keep them going or engaged.

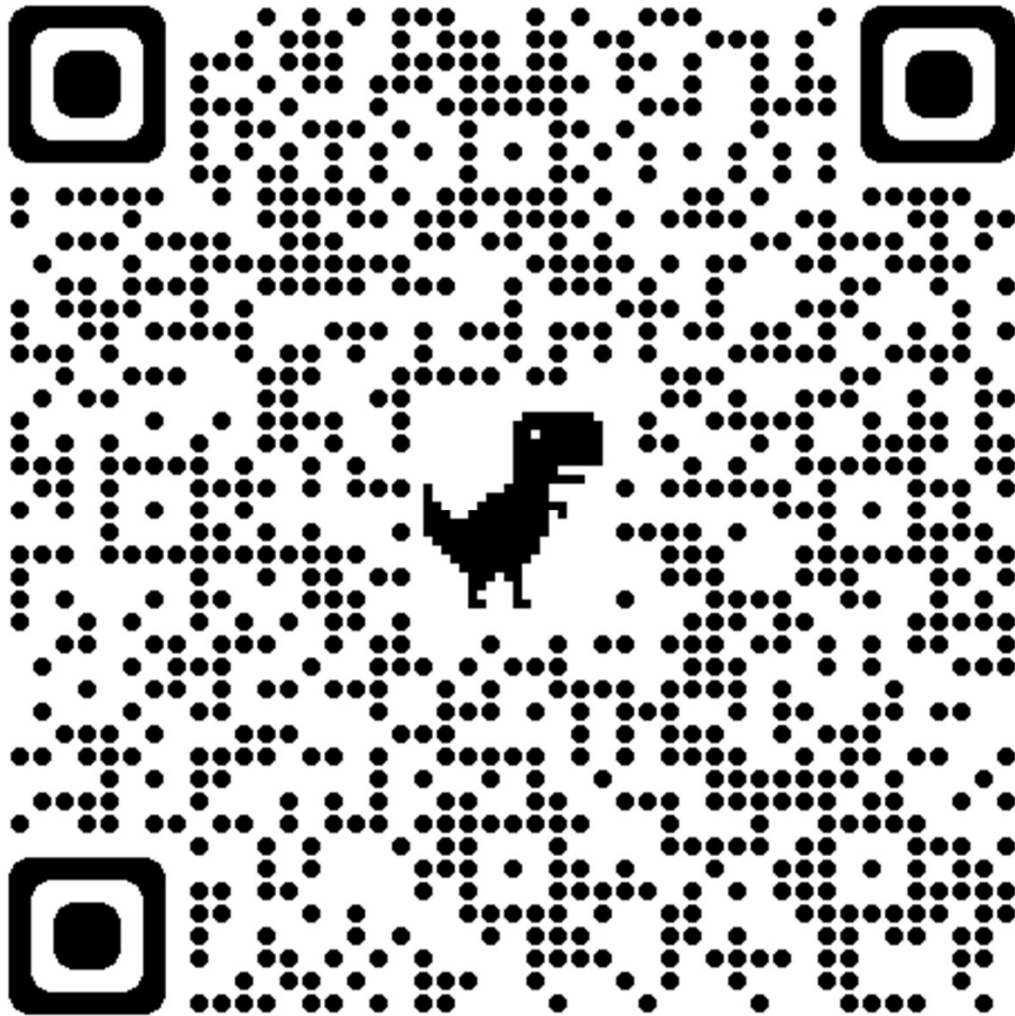




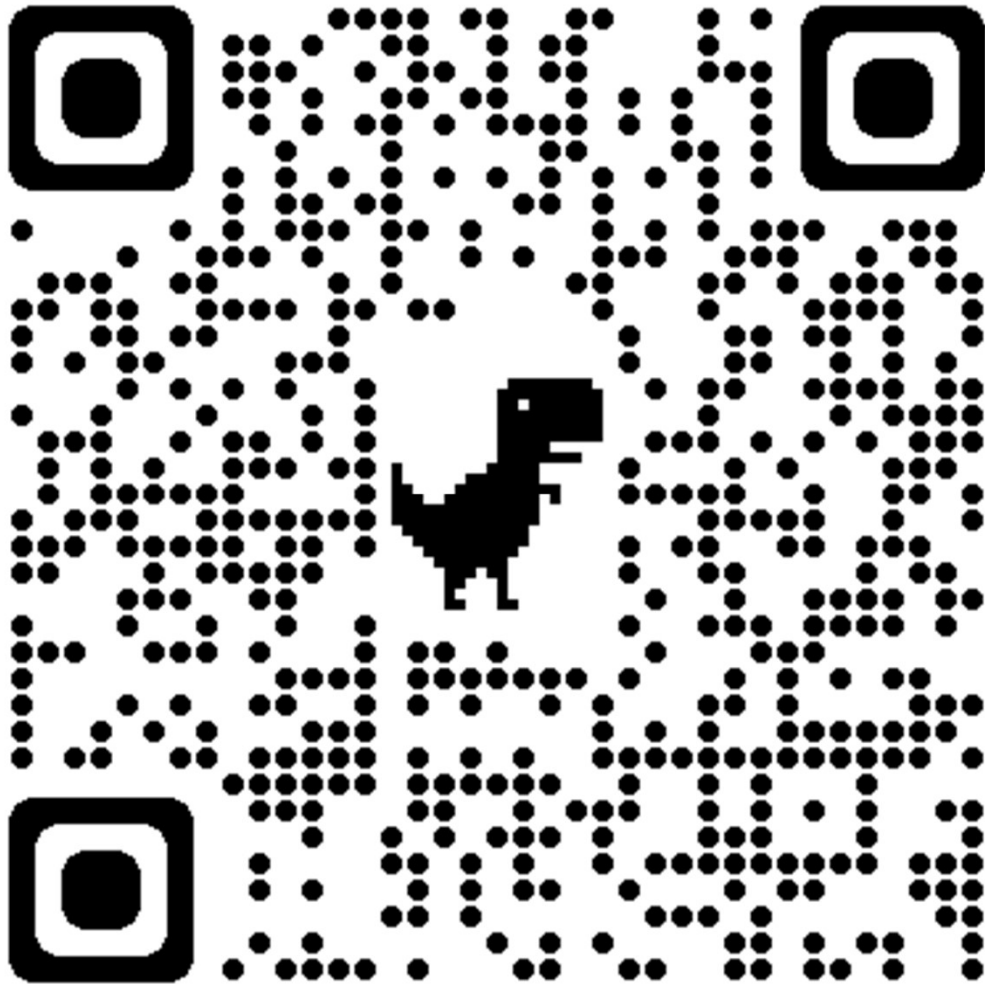
**Auditory
sensory
system**



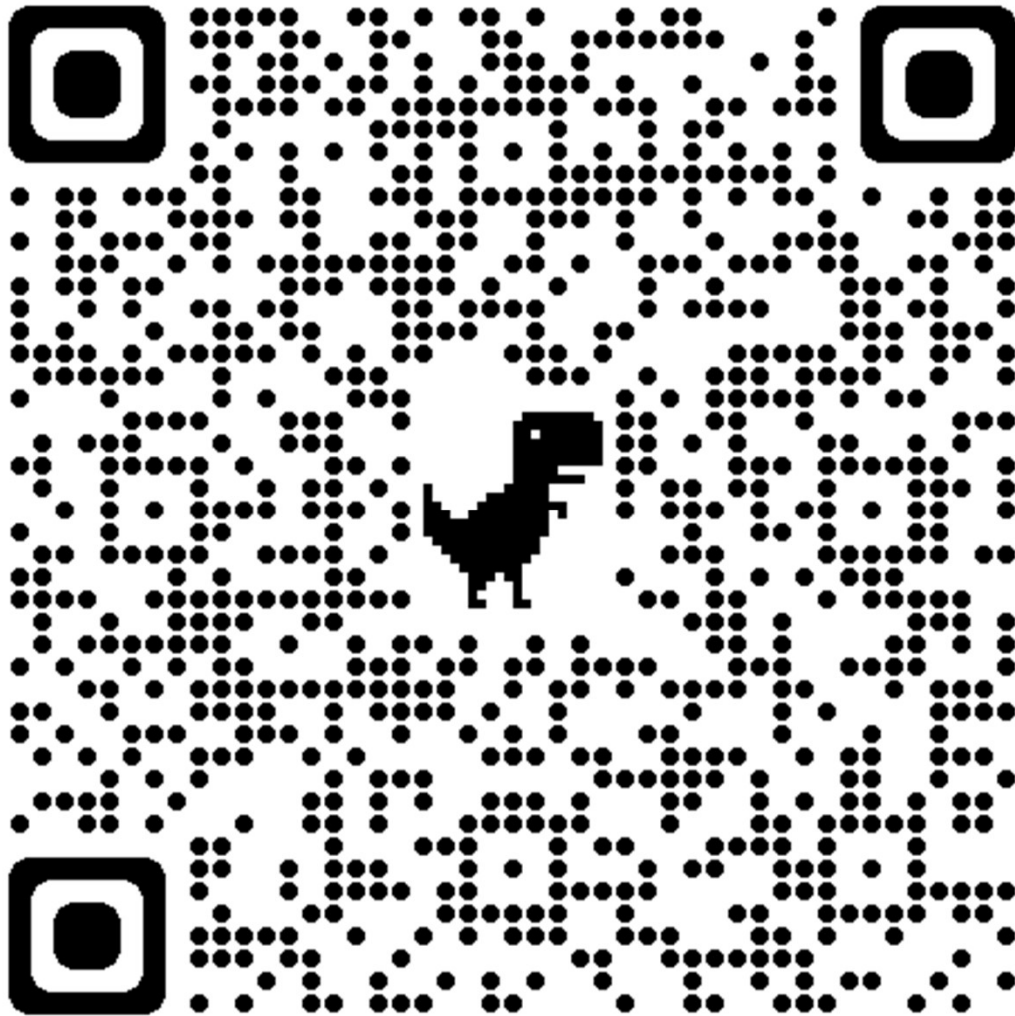
Vestibular Sensory System



Proprioceptive Sensory System



Tactile Sensory System

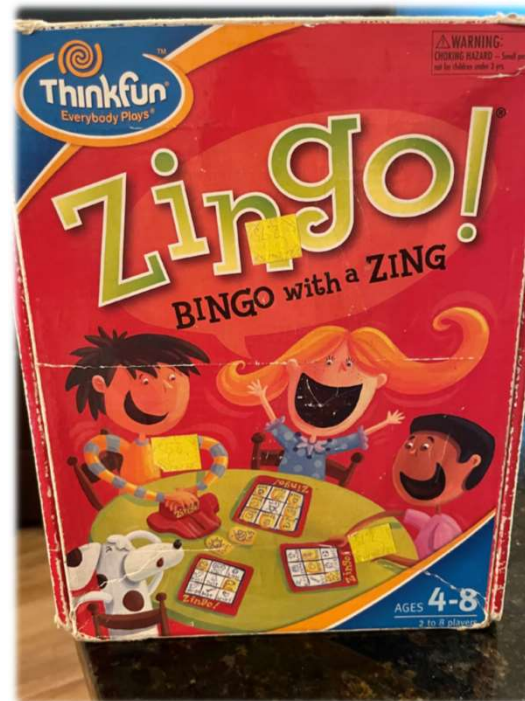


**Visual sensory
System**

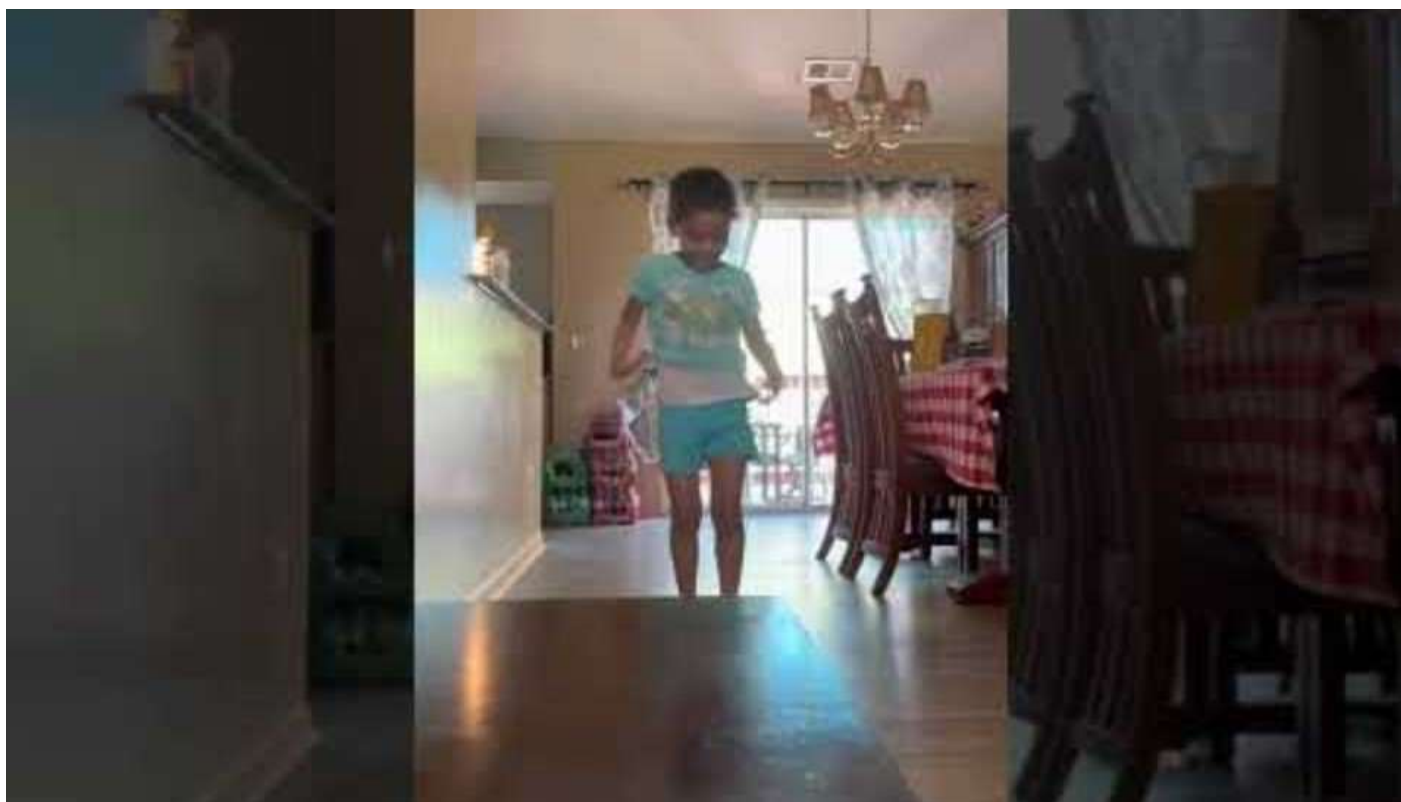
**What sensory
needs could
these toys
meet?**



**What sensory
needs could
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meet?**



Listen to the language that emerges when the just right input is given.



What concerns me most as a therapist?

- Interactions with others
- Participating successfully at school
- Going out in public
- Tolerating basic self care and grooming experiences
- Eating a healthy diet and maintaining a healthy weight
- Getting an adequate amount of sleep.



Yoga for Kids is a Game Changer!

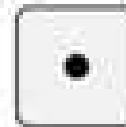




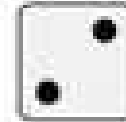
Pair literature with sensory bins by collecting props to help children retell the story or name the characters. Here are two favorite books: Growing Vegetable Soup and Little Blue Truck



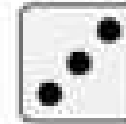
Dice Debrief



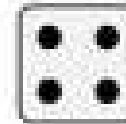
Name one new thing you learned today.



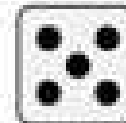
Acknowledge someone for a job well done.



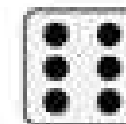
Describe a good idea you heard.



Describe a feeling you experienced.



Describe something that pushed you outside your comfort zone.



How will you apply what you learned today?

Bibliography



- 1) <https://www.sciencedirect.com/science/article/pii/S2213158213000776>
- 2) Kranowitz, Carol Stock. The Out of Sync Child. 2005, Penguin Random House NY, NY. <https://out-of-sync-child.com/>
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- 4) We Connect Cards: Create Conversations that Matter. www.weand.me/connect
- 5) Abraham, Dayna, Claire Heffron, Lauren Drobnjak. Sensory Processing 101 2015. ebook at www.sensoryprocessing101.com
- 6) <https://lemonlimeadventures.com/tactile-sensory-processing/>