



## Vision

- I might cry or shield my eyes away from bright lights or sunshine
- I might move my fingers in front of my eyes as I like how it looks

To help:

- I can wear a cap or hat with a brim
- Let me sit away from the window



## Touch

- Some fabrics might hurt my skin. I do not like wearing certain items of clothing – shoes, socks, coats because of the way they feel
- I do not like to be touched by others, especially when I have no warning – this includes hugs and tickles

To help:

- If you have to touch me, make sure I can see you first and use a firm touch
- Tell me, in one or two words, what you are going to do before you do it



## Sound

- Loud or shrill sounds can hurt my ears
- I might get upset or angry, or make my own noises to drown out the sound

To help:

- I might wear defenders
- I have a coat or jumper with a hood pulled up
- Keep voices low

## Sensory Processing Difficulties

Some of our students have differences in the way they respond to touch, sound or other sensory information.

The way they react is because they are frightened by the sensation – not because they are behaving badly



## Proprioception (Body Awareness)

- I might not have good awareness of my body
- Sometimes I might push past people without knowing it
- I might be unaware of how hard I am touching someone and hurt them – I do not do this deliberately



## Vestibular (Balance)

- I might have poor balance and appear clumsy
- This sense also affects how I feel in a moving vehicle – I might get upset or angry

To help:

- Let me sit near the window then I can see where I am going
- Give me a fidget toy to help me cope when the car is moving
- I might have a weighted jacket or lap pad which can help



## Taste

- I might find trying new foods difficult. I find some textures overwhelming



## Smell

- I might find some smells difficult to cope with
- I might like to smell people, food or objects