

Understanding Sensory Processing Differences

Here is some introductory information to support my 17 minute introduction video.

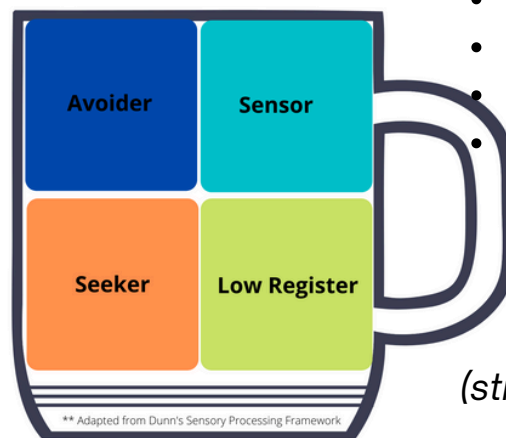
Many people have found understanding sensory processing differences a great place to begin in understanding the “WHY” behind some behaviours we observe and experience. You can find more information in my additional resources & webinars.

AVOIDER

Bothered by Input

(strategy: reduce input)

- actively responds
- very sensitive to input
- close to overflowing
-
-
-
-
- **Tool to try:** create a cozy retreat space & breathe!



SENSOR

Notices More Input

(strategy: provide structure)

- does not actively respond
- very sensitive to input
- close to overflowing
-
-
-
-
- **Tool to try:** pretzel or deep pressure touch

SEEKER

Seeks & Enjoys Input

(strategy: provide more opportunities)

- actively responds
- not sensitive to input
- needs more
-
-
-
-
- **Tool to try:** get outside and into nature more

LOW REGISTER

Notices Less Input

(strategy: provide more intensity & support)

- does not actively respond
- not sensitive to input
- needs more
-
-
-
-
- **Tool to try:** turn up the music or the lights & be close by

EXPLORE. DISCOVER. GROW.

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