Super Supports for **Sensory** Differences

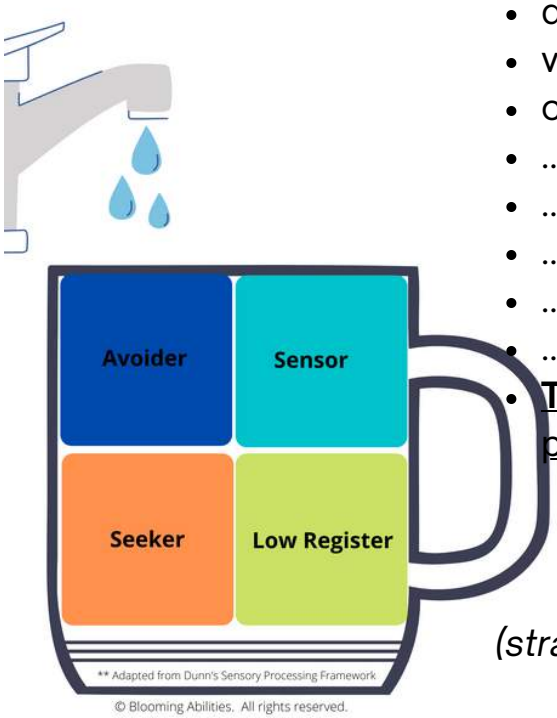
Please check out the webinar at **https://bloomingabilities.com/sensory-webinar** for more details about the mug, how we process sensory information and strategies and supports!
You may use the empty lines to add your own information or insights from the video.

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



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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

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Super Supports for **Sensory** Differences

What are some of your child's likes and dislikes for each sensory system?
What are their preferences? What bothers them? What are the clues?

Consider each of the senses...

What are things that help alert & engage them? (↑ increase alertness/attention)
What are things that help create safety? (↓ decrease stress i.e. calming & grounding)





Proprioception



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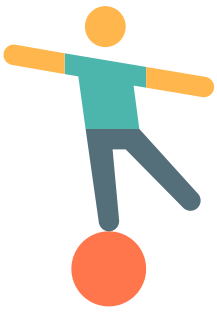
Vestibular



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Touch



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BLOOMING ABILITIES





Vision - Eyes



- .....
- .....
- .....
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- .....
- .....
- .....
- .....

Auditory - Ears



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- .....
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- .....

Oral - Mouth



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Smell - Nose



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Interoception



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- .....

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