



Therapy...
AND A WHOLE LOT
MORE!

Sensory Regulation

Sensory Processing

This is how the brain uses information from the environment to control how the body reacts. When regulated, a child feels comfortable and can participate in daily activities.

A Dysregulated Sensory System

Sensory Dysregulation

This is when the brain and body have trouble handling and understanding sensory information, which can make a child feel overwhelmed and make daily activities harder.

Over-Responsiveness

The body reacts **too much** to sensory input; might avoid sounds, touch, movement

Under-Responsiveness

The body reacts **too little** to sensory input; a child may not notice certain sounds, touch, or movements and will seek out extra input

Sensory Dysregulation Looks Like...

Clumsiness

Pickiness with food

Lack of attention and focus

Discomfort with clothing

Challenges with personal space

Unexpected reactions to touch, noise, brightness

The **Green- Red- Blue** Sensory Routine



Scan for citations
and a related
Youtube video!

Early Morning- To engage in their morning routine

Morning- To prepare for the day

Lunch/Snack- To have a break in the day

Afternoon- To prepare for afternoon activities

Evening- To engage in dinner and family time

Night- To wind down for bed time

Regulating activities to maintain focus:

- Back and forth swinging
- Heavy work (pushing/pulling/building with heavy items)
- Helping with house activities like cooking meals
- Sensory play with play dough, shaving cream, rice
- Playing a structured game (iSpy, Uno, Go Fish)

Stimulating, exciting activities:

- Swinging in circles
- Bouncing on a ball
- Jumping on a trampoline
- Playing “red light, green light”
- Crashing into cushions
- Chase games
- Dancing
- Animal walks (move like a crab, snake, bear)

(Follow up with a regulating/calming activity to help transition)

Calming activities to relax:

- Visiting a quiet space or calming corner
- Dimming the lights
- Giving deep pressure- hugs, squeezes, weighted blankets
- Blowing bubbles or a pinwheel
- Eating chewy foods like bagels or tootsie rolls
- Reading a book in a slow, quiet voice