

# 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

# Sensory Home Program

Feel free to use the bubbles below to write down different activities that you have been doing with your child to help their regulation!



Scan for citations  
and a related  
Youtube video!

## Regulating activities

- 1.
- 2.
- 3.

## Stimulating activities

- 1.
- 2.
- 3.

## Calming activities

- 1.
- 2.
- 3.