

Sensory systems	How a CYP may present if <b>Over responsive</b>	How a CYP may present if <b>Under responsive</b>	How a CYP may present if <b>Sensory seeking</b>
Proprioception	<ul style="list-style-type: none"> <li>Highly unlikely for a person to be over- responsive to proprioceptive input</li> </ul>	<ul style="list-style-type: none"> <li>Have poor body awareness, bumping into furniture, door frames etc.</li> <li>Have a ‘floppy composure’</li> <li>Find themselves in trouble for playing too rough or breaking items unintentionally</li> <li>Find motor coordination tasks difficult to achieve</li> <li>Use too much or not enough pressure to complete a task</li> <li>Doesn’t respond when touched or bumps into things</li> <li>Unable to imitate actions/movements of others</li> </ul>	<ul style="list-style-type: none"> <li>Seek pressure by leaning into others, furniture etc.</li> <li>Enjoy rough and tumble play, maybe taking it too far</li> <li>Squeeze into small/tight spaces</li> <li>Crack their knuckles and stretch their limbs</li> <li>Love to carry/push/pull heavy items around with them</li> <li>Stamps feet or tip toe walking</li> <li>Grinds teeth</li> <li>Chews beyond developmentally appropriate</li> <li>Seek out close physical contact with others</li> </ul>
Interoception	<ul style="list-style-type: none"> <li>Complains of lots of aches and pains</li> <li>Still cold when coming in from outdoors so keeps coat on</li> <li>May always seem to be hungry or thirsty</li> <li>May panic after a short period of physical exertion</li> <li>May report numerous internal sensations but are unable to determine their current emotion</li> <li>May be overly dramatic when they have a seemingly minor ailment (i.e., stubbed toe, runny nose)</li> <li>Have a low pain threshold</li> </ul>	<ul style="list-style-type: none"> <li>Always appear to wait until the last minute to use the bathroom</li> <li>Difficult to toilet train and has frequent accidents</li> <li>Never appear to feel hungry or thirsty and almost must be forced to eat or drink.</li> <li>May have significant health issues or injuries but never complain of symptoms</li> <li>Keep running until they reach a point of extreme exhaustion as they don’t sense the signals to slow down.</li> <li>Often become overwhelmed resulting in outbursts or meltdowns</li> <li>Unable to use calming strategies effectively as it is too late for them to recognise their emotions and react</li> <li>Have a limited response to pain and changes in temperature</li> </ul>	

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Tactile (touch)	<ul style="list-style-type: none"> <li>• Be tactile defensive</li> <li>• Dislike various body parts touching surfaces</li> <li>• Be oversensitive to clothes, labels and seams etc.</li> <li>• Become distressed around tactile self-care routines such as bathing, hair washing, teeth brushing and nail cutting</li> <li>• Avoid using hands for feeding</li> <li>• Avoid certain food textures</li> <li>• Walk with hands behind their back/closed fists to avoid touching anything</li> </ul>	<ul style="list-style-type: none"> <li>• Be unable to feel touch in the same way as others do</li> <li>• Is unable to identify objects just from how they feel</li> <li>• Self-harm (bite, scratch, bang head, pull out own hair etc.)</li> <li>• Doesn't realise they have food on face or clothes are wet</li> <li>• <b>Struggles with eye-hand coordination activities</b></li> </ul>	<ul style="list-style-type: none"> <li>• Finger flick in self-stimulating activity</li> <li>• <b>Touch everything</b></li> <li>• <b>Lick and mouth items beyond developmentally appropriate age</b></li> <li>• <b>Fiddle/fidget with items in their hands</b></li> <li>• <b>Explore new environments with their hands/mouths rather than their eyes.</b></li> <li>• <b>Play with the hair/clothes of person sat in front of them</b></li> <li>• <b>Seek out messy activities e.g. playing with food, creative materials, contents of nappy, nasal secretions</b></li> <li>• <b>Prefer bare foot walking</b></li> </ul>
Vestibular	<ul style="list-style-type: none"> <li>• Have difficulties with balance and posture</li> <li>• Experience motion sickness on swings, slides and being moved between pieces of equipment</li> <li>• Have difficulties with walking on uneven surfaces and/or depth perception</li> <li>• Prefer static activities</li> <li>• Be distracted by movement of others in close proximity</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Under stimulated by movement</b></li> <li>• Have difficulty stopping or changing direction during running/chasing games</li> <li>• Show no response to change of position/movement</li> <li>• Not get dizzy during spinning games</li> <li>• <b>Be unable to distinguish between slow and fast movements and/or direction of movements</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Be constantly on the go</b></li> <li>• <b>Like to be upside down</b></li> <li>• <b>Spend extended periods of time spinning, rocking, swinging, running, climbing etc.</b></li> <li>• <b>Enjoy toys/activities with repetitive moving elements</b></li> <li>• <b>Struggle to sit still for developmentally appropriate amounts of time</b></li> <li>• <b>Enjoy extreme changes of head position</b></li> <li>• <b>Turns items upside down such as toy cars, sit and ride cars, buggy etc, to spin the wheels and watch them rotate for extended periods of time</b></li> </ul>

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Hearing (Auditory)	<ul style="list-style-type: none"> <li>• Be distressed by high pitched, multiple and /or complex sounds</li> <li>• Be distracted by sounds others may not notice</li> <li>• Be unable to concentrate on their task when a conversation is taking place, not necessarily close by.</li> <li>• <b>Cover their ears</b></li> <li>• Avoid noisy situations/places</li> <li>• Be anxious before, during and after events</li> <li>• Hum to mask external sounds</li> <li>• Develop phobias of situations associated with noise (e.g. sirens, fire alarm)</li> </ul>	<ul style="list-style-type: none"> <li>• Appear to have a hearing impairment or selective hearing</li> <li>• Love crowds and busy places</li> <li>• <b>Not meet developmentally appropriate verbal requests/follow verbal instructions</b></li> <li>• <b>Have delayed reactions to auditory information such as startle later than would be expected following a sudden sound</b></li> <li>• ‘Zone out’ during group activities such as storytelling where most information is provided verbally</li> </ul> <p style="text-align: center;"><b><u>HAS HEARING DIFFICULTIES AND GROMMETS SO HARD TO ASSESS</u></b></p>	<ul style="list-style-type: none"> <li>• Make lots of noise with resources and voice</li> <li>• Gravitate towards noisy places/activities/people</li> <li>• Stamp feet when walking</li> <li>• Sit very close to speakers when listening to music/watching TV</li> <li>• Play music very loudly into earphones/headphones</li> <li>• Need to have auditory stimulation in order to concentrate on other tasks such as listen to songs on YouTube while completing an inset puzzle</li> </ul>
Vision	<ul style="list-style-type: none"> <li>• <b>Be distracted by visual details within the environment such as colours, patterns and movement</b></li> <li>• See things that others might not notice</li> <li>• <b>Feel unsafe/unsure within their environments due to over stimulation</b></li> <li>• <b>Appear to over-react to change, for example, the home corner and bookshelves swapped spaces</b></li> <li>• <b>Have difficulty sleeping due to light sensitivity</b></li> </ul>	<ul style="list-style-type: none"> <li>• Find it difficult to see detail in and discriminate between pictures and symbols</li> <li>• Have difficulties with eye hand coordination tasks</li> <li>• Have difficulties with depth perception</li> <li>• Feel anxiety around not being able to interpret their environment appropriately</li> <li>• Not get enough from visual instructions to be able to complete a task</li> <li>• Have differences with their central and peripheral vision</li> </ul>	<ul style="list-style-type: none"> <li>• Finger flick or flap hands in front of their eyes</li> <li>• Poke their eyes</li> <li>• Enjoy busy books/screen apps etc.</li> <li>• Join in with very busy activities/places</li> <li>• Place screens/pages close to their face</li> <li>• Love to spend time looking at bubble tubes, flashing lights etc. in the sensory room</li> <li>• Stare for longer than expected out of the window, at a screen or at people</li> </ul>

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<p style="text-align: center;">Smell (Olfactory)</p>	<ul style="list-style-type: none"> <li>• Gag or vomit for ‘no reason’</li> <li>• Have strong dislike/like of people based upon how they smell</li> <li>• Struggle in ‘smelly’ places such as kitchens, bathrooms, perfume counters, restaurants</li> <li>• Become distracted or distressed seemingly for no reason but due to smells around them that others might not notice</li> </ul>	<ul style="list-style-type: none"> <li>• Be unable to smell even strong odours</li> <li>• Be unable to identify items by smell alone</li> </ul>	<ul style="list-style-type: none"> <li>• Sniff other people</li> <li>• Sniff foods before eating them</li> <li>• Sniff items for exploration</li> <li>• Enjoy ‘smelly’ places, foods, products and people</li> </ul>
<p style="text-align: center;">Taste (Gustatory)</p>	<ul style="list-style-type: none"> <li>• Have a very limited diet</li> <li>• Have rigid routines and anxiety around mealtimes</li> <li>• Be able to identify subtle differences in foods</li> <li>• Gag or vomit if forced to try new foods</li> <li>• Can only cope with small amounts in mouth</li> </ul>	<ul style="list-style-type: none"> <li>• Not be very interested in food as it all tastes very similarly bland</li> </ul>	<ul style="list-style-type: none"> <li>• Like spicy/strong flavours</li> <li>• Regurgitate foods for the acidic feedback</li> <li>• Like to eat ‘inedible’ substances</li> <li>• Cram food until mouth is full</li> </ul>