

Sensory Processing Disorder

Exists when sensory signals are either not detected or don't get organized into appropriate responses (STAR Institute, spdstar.org)

What Does it Look Like?

It can be over-stimulation, such as a child finding certain clothing unbearable to wear, certain noises being too much for the child, or even certain smells may be overwhelming.

It can also be under-stimulation, where you may find the child fidgety and moving often.

Activities

Jumping on trampoline

Spinning or swinging

Weighted blanket

Fidgets

Pushing against a wall

Playing with sand, playdough, water

Rocking in a rocking chair

Playing in a ball pit

Sensory boxes (made with rice, dry beans, or water)



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