



SENSORY INTEGRATION WORKBOOK

Sensory Integration

How we make sense and respond to the information we receive from our senses.

Sensory Integration Process

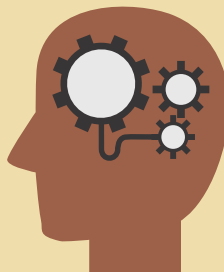
Sensory Input



The Senses

hearing
vision
touch
smell
taste
proprioception
vestibular
interoception

CNS Process



Modulation
attend to important inputs
filter out background

Discrimination
understand/make meaning of
the qualities of input

Functional Outcome



Arousal, Attention,
Security, Emotional and
Behavioral Response

Skill Building &
Participation

Sensory Modulation

working well

comfortable with most everyday sensory experiences

can shift arousal states

able to focus and participate in a variety of environments

indicators of challenge

discomfort with everyday sensory experiences that gets in the way of functioning

can become easily overstimulated which can result in decreased attention, fight/flight responses, avoidance

unable to participate in expected activities due to high level of discomfort

Sensory Discrimination

working well

develop age expected motor play and self help skills

able to explore environment

demonstrates quality and speed of movement similar to peers

functional safety as expected for age

indicators of challenge

clumsy

limitations with motor skills

difficulty with self help skills

increased effort for day to day tasks

difficulty moving safely with peers

overly or under cautious for age

Praxis

working well

developed motor and self help skills

plays with toys in a variety of ways

replicates and imitates others

completes expected routines

indicators of challenge

tends to follow peers or play only familiar games

wanders around

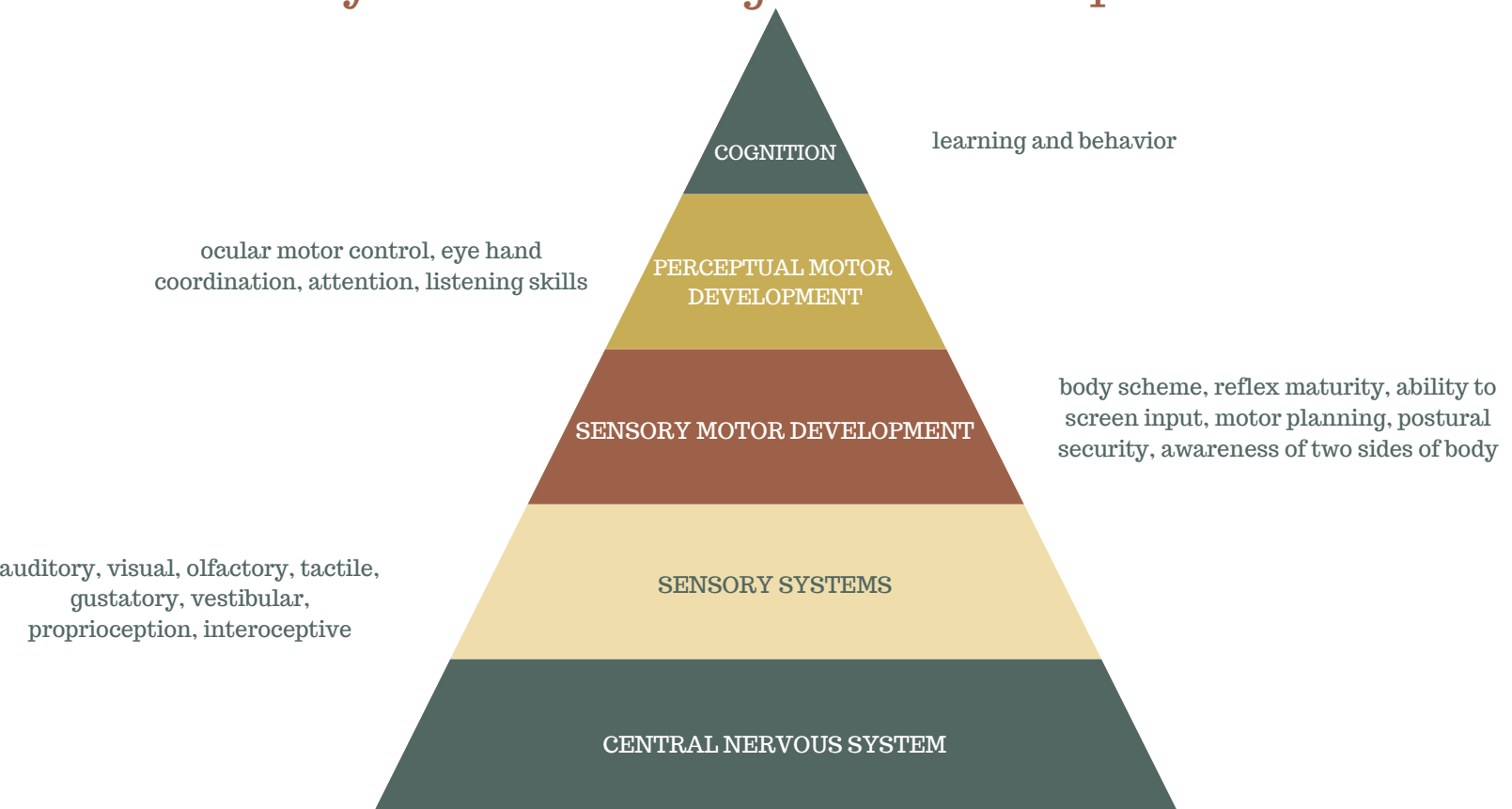
immature motor and self help skills

difficulty imitating

difficulty completing routines

rigidity that can impact social participation

Pyramid of Learning & Skill Development



Consider your own sensory preferences.

How do those show up in your interactions with others
specifically in your classroom?



Think about your class this year. Do you have
particular students who are more sensory sensitive?
How can you support those kiddos?

Embedding Everyday Sensory Tools

proactive rather than reactive

embed into routines

observe responses

provide opportunities with variety of sensory input

consider other factors (play preferences, skills, motor skills)

Jot down a few ways you plan to support sensory input.

**What would it look like to implement some of these tools
into your daily routine?**

Common Inputs to Support Regulation

deep touch pressure

massage
burrito wrap
steamrolling

rhythm

bouncing
marching
swinging
blowing bubbles

proprioception

carrying/pushing heavy toys
pushing feet while doing bicycle

oral motor

having a drink
using chew toys

Think of a child you have now or previously taught that exhibited sensory input challenges. Jot down some specifics of how you would go about supporting that child at school.

REFLECTIONS

How has your knowledge of sensory input changed since completing the workshop?

When you notice an issue with development, where do you start?

What are the implications of sensory needs going unmet?
For yourself? For your students?

How can the benefits of sensory integration impact the classroom?