

# SENSORY



## ★ Understanding Your Senses:

### What Is Sensory Processing?

Sensory processing is how **your brain reads the messages** sent from your senses. These senses include things like what you see, hear, taste, smell, touch, how your body moves, and how you feel inside your body.

Everyone uses their senses to learn about the world. Some people's brains process these messages a bit **differently**, especially if they are autistic, have ADHD, or are neurodivergent. This isn't wrong — it's just a different way of experiencing the world.

### ★ What Sensory Differences Might Look Like

You might notice that:

- Some noises, lights, or smells feel *too strong*
- You might want lots of movement like jumping or spinning
- You might not feel hungry, tired, or in pain until it's really big
- Busy or noisy places might feel overwhelming
- Certain clothes or food textures feel uncomfortable
- You might feel stressed and have big emotions when there's too much sensory information

Everyone is different, and that's okay.

### ★ Why These Differences Happen

Your brain processes information in its own way. Sometimes this means you feel things:

- More strongly
- Less strongly
- Differently on different days

This can change depending on how tired, worried, or stressed you feel.

### ★ How Sensory Processing Can Affect Your Day

You might find some things easier or harder because of the way your senses work. For example:

- Concentrating in class
- Sitting still for a long time
- Eating certain foods
- Wearing certain clothes
- Being around loud noises or bright lights
- Managing strong feelings
- Joining in with friends or busy places

This doesn't mean you can't do things.  
It just means you might need different support or strategies.

## **Your Senses and What You Might Notice**

### **Sight**

- Bright lights might bother you
- Busy places might feel overwhelming
- Or you might enjoy looking at bright or shiny things

### **Smell**

- You might smell things nobody else notices
- Or you might enjoy strong smells

### **Hearing**

- Loud noises might hurt your ears
- Or you might not notice someone calling your name

### **Taste**

- Some foods might make you gag
- Or you might like very strong flavours

### **Touch**

- Some clothes might feel scratchy or painful
- Or you might enjoy messy or sensory play

### **Proprioception (knowing where your body is)**

- You might bump into things or lean on others
- Or you might like tight hugs or lots of movement

### **Vestibular (balance and movement)**

- You might love spinning or climbing

- Or moving too fast might make you dizzy

### ♥ Interoception (noticing your body's signals)

- You may not realise you're hungry, thirsty, or need the toilet
- Or you may feel pain or heat very strongly

### ★ What Can Help

There are lots of things that might help you feel calmer or more comfortable, such as:

- Headphones to block loud noises
- Fidget toys
- Movement breaks
- Wearing comfy clothes
- Having a calm space to rest in
- Keeping routines steady and predictable

Different things help different people, so it's okay to try them out slowly.

### ★ How Adults Can Support You

Adults at home and school can help you by:

- Listening to what helps you
- Letting you use tools like fidgets or headphones
- Creating calm spaces
- Helping you spot what makes things easier or harder
- Giving you breaks when you need them

You are allowed to ask for support.

### ★ Things You Can Ask for at School

You can ask for:

- A quieter seat
- Time to take a break
- Tools that help you focus or stay calm
- Teachers to understand your sensory needs

You deserve to feel comfortable and understood.

### ★ The Most Important Thing to Remember

Your sensory differences are **not bad behaviour**.  
They're part of how your brain understands the world.

With the right support, you can feel:

-  **Safe**
-  **Calm**
-  **Confident**
-  **Fully yourself**