



waitingwell

with The Owl Centre **Charity**

CREATING A CALM AND SAFE ENVIRONMENT – RAISING AWARENESS OF SENSORY PROCESSING DIFFERENCES

Our brains constantly receive information from our seven senses or sensory systems.

Visual/Sight

Olfactory/Smell

Gustatory/Taste

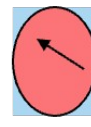
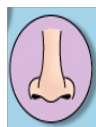
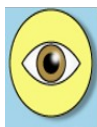
Tactile/Touch (including temp, pain and deep pressure)

Auditory/Sound

Vestibular/dynamic movement (information about position in space)

Proprioception/movements- joint and body awareness (information about our body posture and body position)

Interoception



- **Interoception** is often referred to as the Eighth sense it allows us to “feel” our internal organs and skin and gives us information regarding the internal state or condition of our body.
- This includes pain, body temperature, itch, sexual arousal, hunger, thirst, heart rate, breathing rates, muscle tension, sleepiness, and when we need to go to the toilet. Interoception is a vital component of our emotional experience.
- We are all sensory beings, and we have our own unique way of processing the sensory information we are receiving every day all through the day.
- Different sensations will make us feel differently and how we react or respond to sensory information will not be the same as our partners, our colleague, or family members.
- We all use our own sensory strategies and routines that help us manage our sensory needs. For example, a morning stretch, walking the dog, a morning shower, the smell of coffee, turning down the lights in the evenings after a busy day. We all have our own rituals and routines, which helps us address our individual sensory needs.
- To help understand a child's sensory differences you will need to understand about sensory systems, sensory processing and how differences have an impact on a person. By looking at your own preferences and differences then observing the behaviours of your child you should be able to identify the signs that they are having difficulties with regulating their sensory systems.