

# Sensory differences may present as:

## Sensory Seekers

**Tends to seek out sensory experiences**

Child may seem active, loves loud noises and physical contact

- Jump off high places
- Touch/stroke objects
- Smell objects
- Difficulty sitting still
- Bouncing, spinning, jumping
- Throwing body into object
- Accidentally hurting others or breaking things
- Giving tight hugs
- Climbing objects
- Switching activities quickly

## Sensory Avoiders

**Tends to avoid sensory experiences**

Child may seem timid, shy, and more comfortable around adults

- Picky eating/refusal to eat
- Constantly adjusting clothing
- Covers ears with loud noises
- Does not like being touched
- Rubbing eyes, squinting
- Avoiding climbing, slides, swings, and other playground equipment
- Easily startled
- Resistive to new activities
- Anxious with new experiences

## Sensory Over-Responders

**"Hypersensitive" to sensory information**

Child may seem overly sensitive

- Picky eating
- Easily scared
- Difficulty paying attention in dynamic environments
- Unable to multitask
- Highly distracted
- Distressed by smells, lights, temperature of a room
- Seen as having a low pain tolerance
- May be seen as irritable, picky
- Constantly messing with clothing

## Sensory Under-Responders

**Difficulty registering sensory information**

Child may seem spacy, zoned-out, relaxed.

- Extremely high pain tolerance
- Oblivious, unattentive
- Sedentary
- Low muscle tone/strength
- Low endurance
- Difficulty paying attention
- Needing constant reminders for tasks
- More risk taking behaviors
- Running into others
- Squeezing too tight