### Sensory Strategies

**Tactile/touch - information received through touch of various textures and temperatures**

When you notice your student avoiding or seeking sensory, but not sure what to do, try some of these:

<table>
<thead>
<tr>
<th>Sensory seeking</th>
<th>Sensory Avoiding</th>
</tr>
</thead>
<tbody>
<tr>
<td>(under responsive or hypo-sensitive to sensory stimulus)</td>
<td>(over-responsive or hyper-sensitive to sensory stimulus)</td>
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<tr>
<td><strong>Does child:</strong></td>
<td><strong>Does child</strong></td>
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<tr>
<td></td>
<td><strong>Avoids cuddling</strong></td>
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<td></td>
<td><strong>Distressed with light play involving touch (itsy bitsy spider)</strong></td>
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<td></td>
<td><strong>Stands alone to avoid being near others</strong></td>
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<td></td>
<td><strong>Avoids groups for fear of sudden touch</strong></td>
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<td></td>
<td><strong>Becomes anxious with touch or light accidental brush</strong></td>
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<tr>
<td></td>
<td><strong>Avoids hair being groomed</strong></td>
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<td></td>
<td><strong>Wipes kiss from face</strong></td>
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<tr>
<td></td>
<td><strong>Over reacts to cut, bruise or bug bite</strong></td>
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<td></td>
<td><strong>Dislikes messy play (shaving cream)</strong></td>
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<tr>
<td></td>
<td><strong>Avoids clothes with tags or seams</strong></td>
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<tr>
<td></td>
<td><strong>Does not like shoes and socks</strong></td>
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<tr>
<td></td>
<td><strong>Wears only on toes</strong></td>
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<tr>
<td></td>
<td><strong>Selective with clothing texture</strong></td>
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<td></td>
<td><strong>Avoids certain textures in food</strong></td>
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<td></td>
<td><strong>Dislikes having face washed</strong></td>
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<td></td>
<td><strong>Bath time is a challenge</strong></td>
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</tbody>
</table>

**Sensory seeking**

**SCHOOL activities**
- Explore textured fidgets, fidget pencil toppers
- Finger paint (shaving cream, cool whip)
- Draw on carpet and erase
- Letter writing on different parts of body
- Sand, rice, bean tub
- Locate hidden objects in a variety of textures
- Mud pies, playdough, gak
- Rolling pin on hands
- Push fingers
- Caterpillar tunnel finding objects
- Rub hands together, tap fingers
- Rings on finger deep pressure pushing into hand

**HOME activities**
- Use bath brush or loofah to scrub
- Shaker towel when drying for deep pressure
- Kitchen - cut out cookies, roll dough, make balls (meat, rice crispy)
- Take showers

**Sensory Avoiding**

**SCHOOL activities**
- Approach child from front
- When touching slow, firm deep pressure
- Steam roller
- Rolling pin
- Taco roll
- Tactile sock tubs
- Warm towels with firm, deep pressure
- Compression garments (underarmour)
- Weight vest, lap weight, weight blanket
- Body box
- Last in line so no one is behind student
- Object schedule with different textures

**HOME activities**
- Take baths instead of showers
- Towel dry with deep pressure
- Hand over hand on new textures with deep pressure holding count of 7

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