



# SENSORY

PROCESSING; RESPONSES + DIFFERENCES

EXPLAINED  
WITH THE HELP  
OF HOT SAUCE!



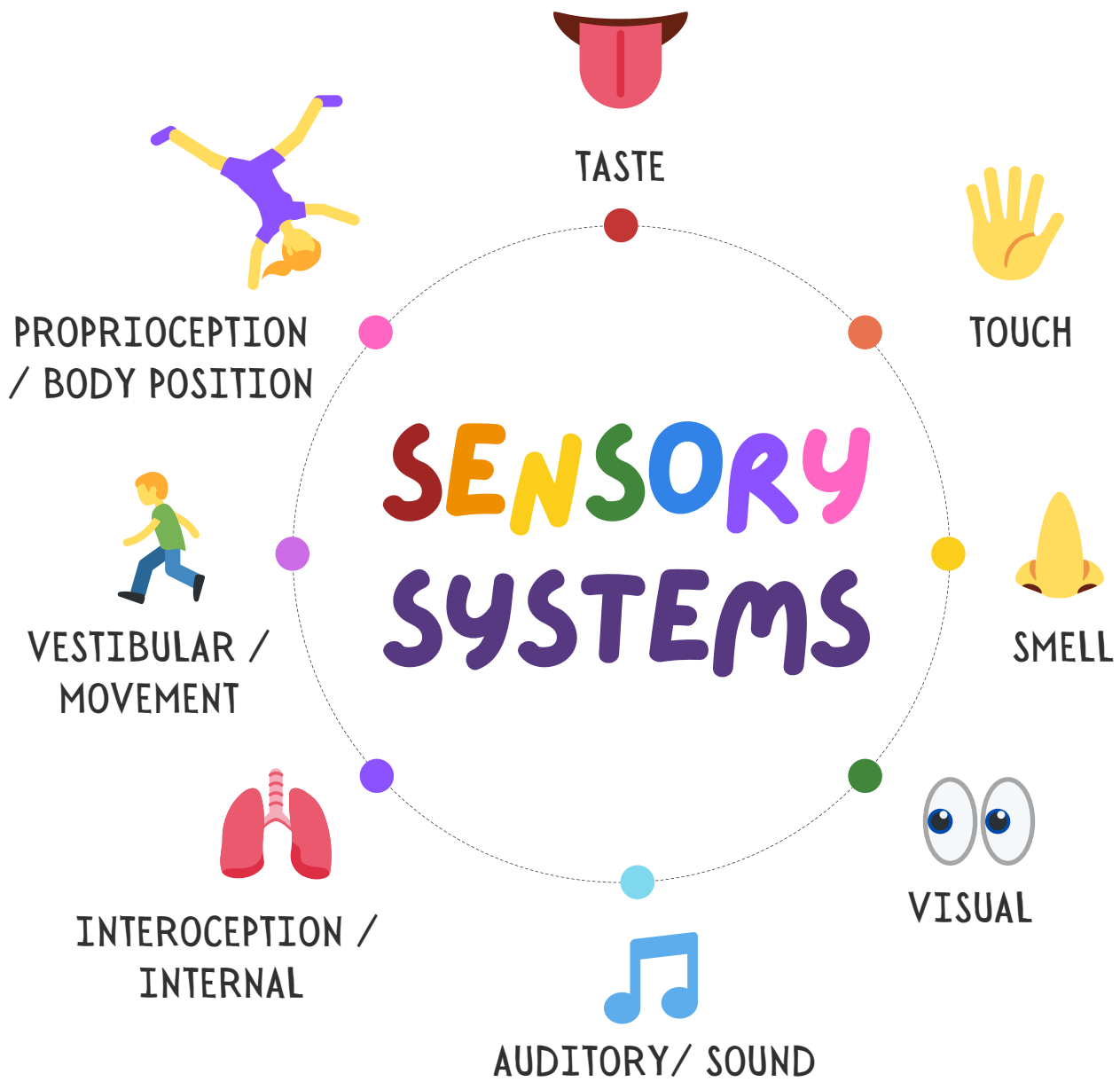


# **SENSORY PROCESSING**



We all experience the world around us differently. Sensory processing is all about how we process and react to sensory stimuli happening in our bodies and in the world around us - and this can be different for each person!

Our bodies have 8 different sensory systems that pick up on this information.





# SENSORY DIFFERENCES

Each sensory system can work differently with how it **registers**, **processes**, and **responds** to different sensory information.

This is why each of us may have different learning styles, ways/tools that help us focus or listen better or feel calm/soothed; this is also why some of us find certain sensory input more uncomfortable than others.

We can think of sensory processing preferences and differences similarly to people's preferences for **hot sauce/levels of spice...**

Some of us have sensory systems that are **hypo**-sensitive, meaning they need a lot sensory input in order to register it's there and to feel 'just right'. We can think of these sensory systems as liking their sensory input...

## EXTRA SPICY



I.E. PEOPLE WHO LOVE LOTS OF HOT SAUCE/ SPICE!  
THEIR HOT SAUCE 'CUP' NEEDS A LOT BEFORE IT'S FULL & A LOT FEELS LIKE JUST A LITTLE TO THEM.

Some of us have sensory systems that are **hyper-sensitive**, meaning they need just a little bit of sensory input to register it / feel 'just right'. We can think of these sensory systems as liking their sensory input...

## EXTRA MILD

I.E. VERY SENSITIVE TO  
HOT SAUCE AND SPICE! THEIR  
HOT SAUCE 'CUP' FILLS UP  
QUICKLY & JUST A LITTLE  
BIT CAN FEEL LIKE TOO  
MUCH!

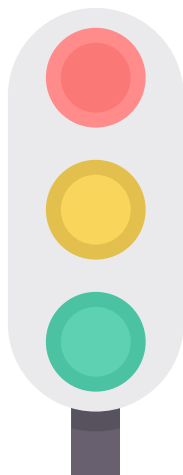


**Some of us have an automatic**

## **ACTIVE RESPONSE**

**to sensory information. This means we will actively do something to control 'the level of spice' of sensory input around us to meet our sensory system's preferences**

*i.e. cover our ears when it's too loud, avoid crowded spaces, etc.*

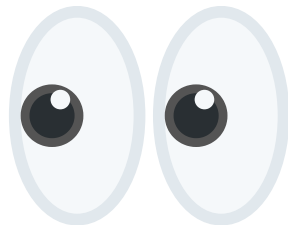


**Some of us have an automatic**

## **PASSIVE RESPONSE**

**to sensory information. This means we don't actively do something (or know how) to control the 'level of spice' of sensory input in our environment to meet our sensory system's need/preferences**

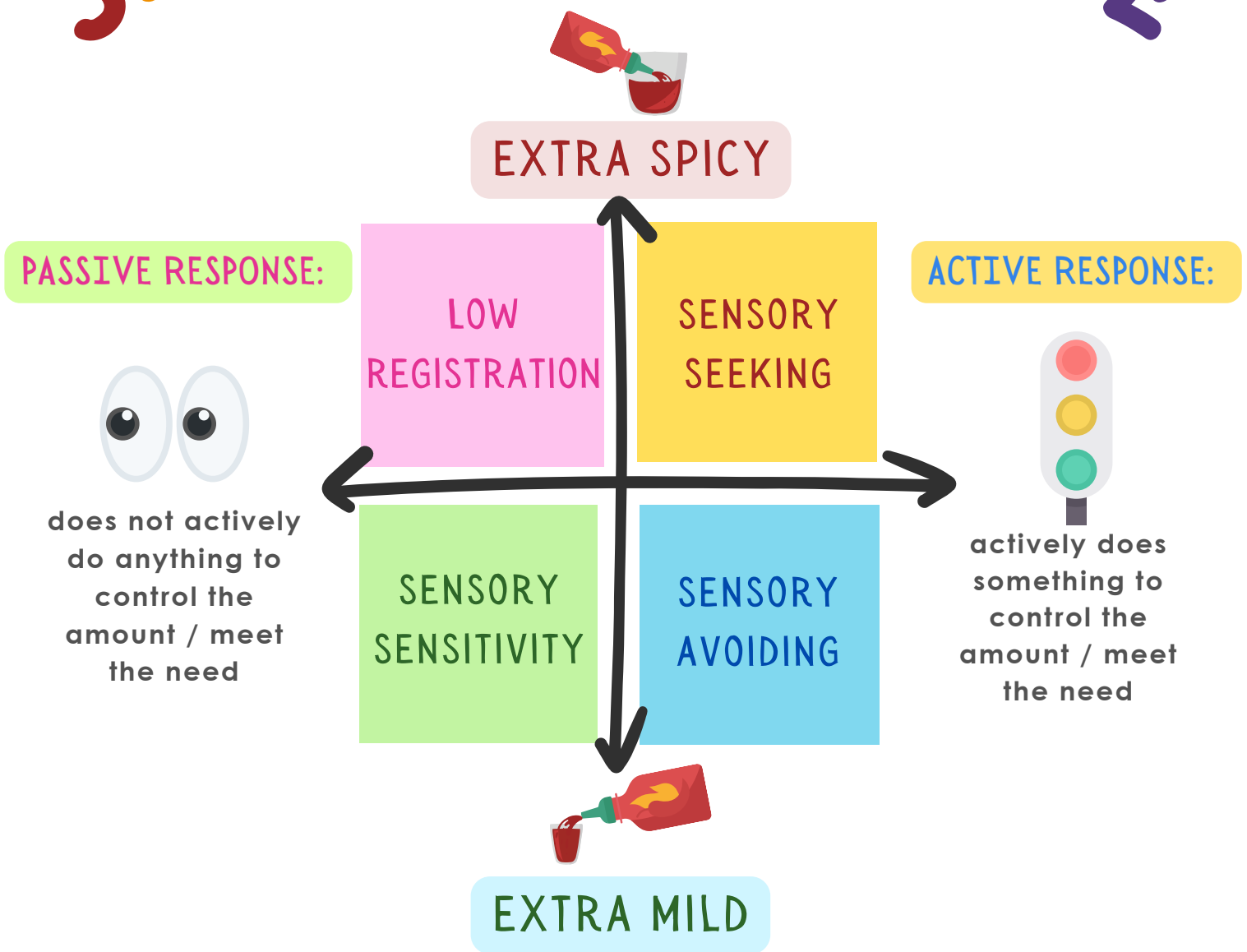
*i.e. more likely to become overwhelmed and not know why/ how to cope.*

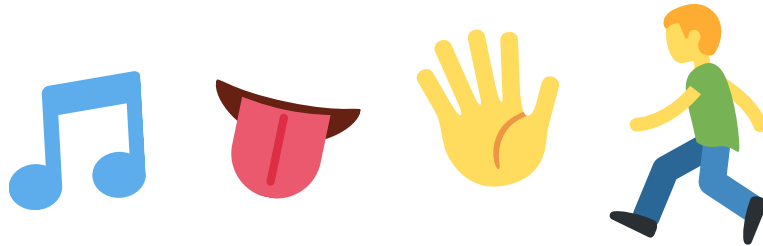




Each sensory system's responses can be used to form our individual:

# SENSORY PROFILE





# KNOWING OUR OWN SENSORY PREFERENCES CAN HELP WITH...

FINDING TOOLS THAT HELP US COPE IN STRESSFUL SITUATIONS

HOW TO STRUCTURE OUR DAY/ROUTINES TO HELP REGULATE OUR ENERGY LEVELS

WHAT WE NEED TO HELP US FOCUS BETTER / BE MORE PRODUCTIVE

WHAT ACCOMODATIONS WE MAY NEED TO ADVOCATE FOR



PSST... AN OT CAN HELP YOU FIND OUT MORE ABOUT YOUR OWN SENSORY PREFERENCES!