

Step 2 “What you might see” Overview

Sensory systems	How a CYP may present if Over responsive	How a CYP may present if Under responsive	How a CYP may present if Sensory seeking
Proprioception	Highly unlikely for a person to be over-responsive to proprioceptive input	- Have poor body awareness, bumping into furniture, door frames etc. - Have a ‘floppy composure’ - Find themselves in trouble for playing too rough or breaking items unintentionally - Find motor coordination tasks difficult to achieve - Use too much or not enough pressure to complete a task - Doesn’t respond when touched or bumps into things - Unable to imitate actions/movements of others	- Seek pressure by leaning into others, furniture etc. - Enjoy rough and tumble play, maybe taking it too far - Squeeze into small/tight spaces - Crack their knuckles and stretch their limbs - Love to carry/push/pull heavy items around with them - Stamps feet or tip toe walking - Grinds teeth - Chews beyond developmentally appropriate - Seek out close physical contact with others
Interoception	- Request frequent toilet breaks - Complain of lots of aches and pains - Refuse to take off their coat when coming in from break - May always seem to be hungry or thirsty - May panic after a short period of physical exertion - Unable to identify internal signals (as opposed to being able to name an endless list of these when calm) - May report numerous internal sensations but are unable to determine their current emotion - May be overly dramatic when they have a seemingly minor ailment (i.e., stubbed toe, runny nose)	- Always appear to wait until the last minute to use the bathroom - Difficult to toilet train and has frequent accidents - Never appear to feel hungry or thirsty and almost must be forced to eat or drink. - May have significant health issues or injuries but never complain of symptoms - Keep running until they reach a point of extreme exhaustion as they don’t sense the signals - Often become overwhelmed resulting in outbursts or meltdowns - Unable to use calming strategies effectively as it is too late for them to recognise their emotions and react	

Sensory systems	How a CYP may present if Over responsive	How a CYP may present if Under responsive	How a CYP may present if Sensory seeking
Tactile (touch)	• Be tactile defensive • Dislike various body parts touching surfaces • Be oversensitive to clothes, labels and seams etc. • Have a low pain threshold • Become distressed around self-care routines such as bathing, hair washing, teeth brushing and nail cutting • Avoid using hands for feeding • Avoid certain food textures • Walk with hands behind their back/closed fists to avoid touching anything	• Be unable to feel touch in the same way as others do • Have a limited response to pain and changes in temperature • Have difficulty with tactile discrimination • Self-harm (bite, scratch, pull out own hair etc.) • Struggles with getting dressed, toileting etc. • Struggle with practical lessons such as design technology	• Finger flick in self-stimulating activity • Touch everything • Lick and mouth items beyond developmentally appropriate age • Fiddle/fidget with items in their hands • Explore new environments with their hands/mouths rather than their eyes. • Play with the hair/clothes of person sat in front of them • Seek out messy activities e.g., playing with food, creative materials, contents of nappy, nasal secretions • Prefer bare foot walking
Vestibular	• Have difficulties with balance and posture • Experience motion sickness on swings, slides and being moved between pieces of equipment • Have difficulties with walking on uneven surfaces and/or depth perception • Prefer static activities • Be distracted by movement of others in close proximity	• Under stimulated by movement • Have difficulty stopping or changing direction during running/chasing games • Show no response to change of position/movement • Not get dizzy during spinning games • Be unable to distinguish between slow and fast movements and/or direction of movements	• Be constantly on the go • Like to be upside down • Spend extended periods of time spinning, rocking, swinging, running, climbing etc. • Enjoy toys/activities with repetitive moving elements • Struggle to sit still for developmentally appropriate amounts of time • Enjoy extreme changes of head position • Turns items upside down such as toy cars, sit and ride cars, buggy, therapy stool etc to spin the wheels and watch them rotate for extended periods of time

Sensory systems	How a CYP may present if Over responsive	How a CYP may present if Under responsive	How a CYP may present if Sensory seeking
Hearing (Auditory)	- Be distressed by high pitched, multiple and /or complex sounds - Be distracted by sounds others may not notice - Be unable to concentrate on their conversation when another is taking place, not necessarily close by - Cover their ears - Avoid noisy situations/places - Be anxious before, during and after events - Hum in order to mask external sounds - Develop phobias of situations associated with noise (e.g., sirens, fire alarm)	- Appear to have a hearing impairment - Love crowds and busy places - Not meet verbal requests/follow verbal instructions - Have delayed reactions to auditory information such as startle later than would be expected following a sudden sound 'Zone out' during group activities such as storytelling/seminar where most information is provided verbally	- Make lots of noise with resources and voice - Gravitate towards noisy places/activities/people - Stamp feet when walking - Sit very close to speakers when listening to music/watching TV - Play music very loudly into earphones/headphones - Need to have auditory stimulation in order to concentrate on other tasks such as listen to music through earphones during reading and writing tasks
Vision	- Be distracted by visual details within the environment such as colours, patterns and movement - See things that others might not notice - Feel unsafe/unsure within their environments due to over stimulation - Appear to over-react to change, for example, a new seating plan - Objects/words may seem to jump around - Have difficulty sleeping due to light sensitivity	- Find it difficult to see detail in and discriminate between pictures and symbols - Have difficulties with eye hand coordination tasks - Have difficulties with depth perception - Feel anxiety around not being able to interpret their environment appropriately - Not get enough from visual instructions in order to be able to complete a task - Have differences with their central and peripheral vision	- Finger flick or flap hands in front of their eyes - Poke their eyes - Enjoy busy books/screen apps etc. - Join in with very busy activities/places - Place screens/pages close to their face - Love to spend time looking at bubble tubes, flashing lights etc. in the sensory room - Stare out of the window, at a computer screen or at people - Enjoy scribbling or doodling

Sensory systems	How a CYP may present if Over responsive	How a CYP may present if Under responsive	How a CYP may present if Sensory seeking
Smell (Olfactory)	• Gag or vomit for ‘no reason’ • Have strong dislike/like of people based upon how they smell • Struggle in ‘smelly’ places such as kitchens, bathrooms, perfume counters, restaurants • Become distracted or distressed seemingly for no reason but due to smells around them that others might not notice	• Be unable to smell even strong odours • Be unable to identify items by smell alone • Have poor personal hygiene awareness	• Sniff other people • Sniff foods before eating them • Sniff items for exploration • Enjoy ‘smelly’ places, foods, products and people
Taste (Gustatory)	• Have a very limited diet • Have rigid routines and anxiety around mealtimes • Be able to identify subtle differences in foods • Gag or vomit if forced to try new foods • Can only cope with small amounts in mouth	• Not be very interested in food as it all tastes very similarly bland	• Like spicy/strong flavours • Regurgitate foods for the acidic feedback • Like to eat ‘inedible’ substances • Cram food until mouth is full