



THE SEVEN SENSORY SYSTEMS

MORE THAN JUST 5 SENSES

Most of us have an understanding of our five basic senses (Sight, Sound, Touch, Taste, and Smell). However, there are actually seven full sensory systems.



TWO TYPES OF SENSITIVITIES

- HYPER
- HYPO
- Hypersensitivity indicates an escape or avoidance to stimulation. Students tend to be overstimulated. This means that there is too much sensory information being delivered to the brain.
- Hyposensitivity indicates a search for stimulation. Students tend to be under-stimulated. This means that there is not enough sensory information being delivered to the brain.

SENSORY SYSTEMS

1. Proprioception

2. Vestibular

3. Gustatory

4. Auditory

5. Olfactory

6. Tactile

7. Visual



PROPRIOCEPTION

The Sense that helps a child with body awareness

VESTIBULAR

The Sense that detects movement through sensory receptors in the inner ear.

GUSTATORY

The Sense that helps a child detect and perceive taste.

AUDITORY

The Sense that is responsible for hearing.

OLFACTORY

The Sense that helps us to differentiate between thousands of different odors and determine if they're dangerous, foul, pleasurable, strong or faint.

TACTILE

The Sense that helps us to detect light touch, deep pressure, texture, temperature, vibration, and pain.

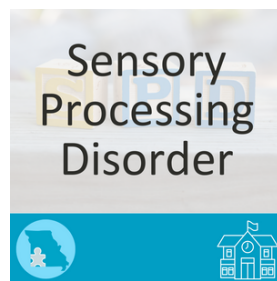
VISUAL

The Sense that helps a child to see and detect objects.

POSSIBLE TOOLS

- Heavy work, body socks, crash pads, yoga.
- Flexible seating, swings, scooter boards.
- Sensory chews, gum or sour candy, fabric chews.
- Noise canceling headphones, microphones, sound machines.
- Smelly markers, scented stickers or play-doh, essential oil diffuser.
- Fidgets, sensory bins, finger paint, water beads.
- Sunglasses, hats, oil timers, sensory bottles, light covers.

ADDITIONAL RESOURCES



Autism Focused Intervention Resources & Modules



GET CONNECTED!



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