**Vestibular (balance)**

**How this presents:** I rock in my chair a lot.

**What might help me:** equipment to support my need for movement

Regular movement breaks

**Visual (sight)**

**How this presents:**

**What might help me:**



**Auditory (hearing)**

**How this presents:**I don’t like loud sudden noises

**What might help me:** ear defenders

Visual support and cues

**Gustatory (taste)**

**How this presents:**I will try and put most things in my mouth!

**What might help me:** having a chewy

Support with tasting new foods

**Olfactory (smell)**

**How this presents:**

**What might help me:**

**Proprioception (body awareness)**

**How this presents:** I push against walls, people and objects

**What might help me:** activities where I can experience deep pressure

Gym ball activities

**Tactile (touch)**

**How this presents:**I can get quite distressed if my hands touch wet things

**What might help me:** short activities to help desensitisation

Visual support so I am prepared