

Sensory regulation at Our Day Nursery



Sensory integration refers to how the brain processes and then adjusts in relation to sensory information it receives from either within the body or from the environment it is in.

Everyone! Sensory regulation is necessary to carry out everyday tasks such as moving, dressing, socialising and so is something we all do and may need support at times.

The ability to regulate your senses leads to improved emotional regulation, attention and focus, and ability to engage in everyday tasks so is deemed as wholly beneficial.



Everywhere, sensory regulation can take place anywhere. If space or equipment is required in order to use sensory strategies then a space big enough to use such equipment may be necessary.



There may be times where a person becomes under or over stimulated by sensory input (this could be lights, smells, noise etc) and this is when they may require additional support in order to achieve regulation.



Different sensory systems



Auditory

things you can hear

Visual

things you can see

Tactile

things you can touch

Gustatory

things you can taste

Olfactory

things you can smell

Vestibular

your sense of balance and movement

Interoception

your understanding of what's going on internally e.g being hot, cold, hungry or thirsty

Proprioception

your body awareness sense, you know where your body is in space



Sensory Regulation - 3 areas

We encourage children to participate in regulation activities when we notice that a child is needing to adjust their arousal levels, attention and emotional responses! It is important to choose activities that will give the feedback required by the child in that moment in order to achieve a 'just right' state, this may be: alerting, organising or calming.

Alerting

Alerting activities are needed when an individual appears sleepy or lethargic, they may be struggling to attend or listen, they may be slouched and lean on furniture.

- Skipping
- Jumping (carrying out a sequence of alternate big and small jumps)
- Star jumps
Roll over a gym ball
- Marching
- Spinning a hoop or spinning yourself with adult support

Organising

Organising activities are needed when an individual is struggling to plan and coordinate their movements or to follow a routine/sequence.

- Throwing a beanbag onto a target
- Climbing up and down
- Walking along a specified line
- Balancing on a wobble board
- Walk in a figure of eight
- Create an obstacle course and go over and under
- Commando crawling

Calming

Calming activities are needed when an individual is overstimulated and 'high'. They may be struggling to stay still, to focus on an activity for more than a very brief period or

- Crawling through a tunnel
- Deep pressure through massage (if appropriate), weighted items, through gym ball being rolled onto body parts
- Pushing against a wall with flat palms or laying and pushing on wall with feet for 10 seconds
- Rock backwards and forwards over a gym ball

