

Sensory Overload

Some people experience their environment differently than others. Those who have differences with sensory processing may feel more overwhelmed or underwhelmed by their environment. Learning how to recognize the signs can be helpful.

1. Sensory Processing Disorder

- A condition in which the brain has trouble receiving and responding to information that comes through the senses, which can result in an individual being over or under sensitive to their environment.

2. Some Signs Of Sensory Overload

- Covering Ears
- Holding Head
- Closing Eyes
- Chewing Clothing
- Running Away
- Crying
- Shutting Down
- Unprovoked Aggression
- Stimming (repetitive self-stimulating behaviors like rocking, tapping, etc.)

3. How To Help

- Let the student take a break in a calmer environment .
- Make the environment calmer by turning down the volume, eliminating fragrances, dimming the lights, etc.
- Use resources like noise cancelling headphones or sensory items.
- Respect the student's personal space.