

YMCA's Staff Assembly Success for sensory youth

May 3rd, 2023





Agenda

Five Senses plus Three

My senses- be in tune

Baby/Toddler senses

Preschoolers and up

Classroom prep

Q & A

5 Senses plus 3

Tactile, Visual, Auditory, Olfactory, Taste
Vestibular, Proprioception, Interoception

How senses work for me: know thyself

Tactile- touch, texture, pressure

Visual- focus, tracking, peripheral

Auditory- hear, locate, discrimination

Olfactory- smell, discrimination

Gustatory/taste- bitter, sweet, salty, spicy

Vestibular- movement direction, speed

Proprioception- body parts: body parts

Interoception- hunger, pain, pressure





My strategies:

- Calming scents- Lavender, vanilla
- Warmth- Sweater, friction, warm water
- Deep Pressure- Lift, push, isometrics
- Chew- Gum, pen cap, beef jerky
- Deep breathing- visualize, count
- Reduce noise, light, movement
- Check in- hungry, bathroom, pinched
- Plan- list chronic triggers & resolution
- Hydrate, hydrate, hydrate

Baby and Toddler senses: knowing the red flags

Tactile- withdrawal, excessive mouthing

Visual- tracking, peripheral, reaching

Auditory- startle, no response,

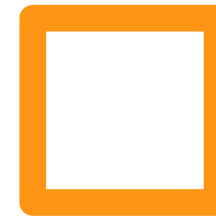
Olfactory/smell- gag, cry, nostril flare,

Gustatory/taste- tremble, gag, wince,

Vestibular- hates tummy, butt scoots,

Proprioception- poor movement,

Interoception- low hunger, poop probs





Strategies for the littles:

- Tummy Time- Elbows then straight arms
- Consecutive rolls- Always both ways
- Criss Cross- Hands to opposite barefoot
- Hands & Knees- Rock to haunches
- Crawl course- Tunnel, pillows, balls
- Shape sorters, stacking games, puzzles
- Stand supported- crouch and regain
- Hand and finger play- songs, games
- Massage- Naming each body part

Preschooler and beyond: knowing the red flags

Tactile- ff&f, avoidance, constant touch

Visual- squinting, tips head, spin objects,

Auditory- covers ears, meltdowns,

Olfactory/smell- misidentifies, gags,

Gustatory/taste- avoidance, food fear,

Vestibular-poor balance, on the go, fear

Proprioception- too rough/soft, crash

Interoception- high pain tolerance,





Strategies for the Bigs:

- Deep Pressure- Hugs, puppy pile, log roll
- Weights- Backpack, lap pillow, hiking boots
- Heavy work- Push/pull (grunt), isometrics
- Suck/Blow- straw/coffee stir, cotton balls
- Warmth, scents, falling water/rice
- Dim lights, reduce sound, movement
- Rhythmical music/movement- Rock, sway
- Heavy chewing- Frozen straw, stale licorice





Classroom strategies:

- Utilize the benefits of your YMCA training!
- Create a calm, reliable, routine schedule
- Build in structured movement break stations
- Limit verbal commands- let them process first
- Provide opportunities for isolation
- Heavy work & resistive play items/ stations
- Obstacle course for entire class modify weekly
- Scent station, water / rice play
- Class yoga moments

Questions and Answers

Littles- AEPs First Steps level- curriculum
Biggs- Brain Gym- Hydration & Yoga,
Minds in Motion- Motor course

[Pathways.org](https://www.pathways.org/)- Parent video library

[Zerotothree.org](https://www.zerotothree.org/)- Dev. milestones

[Growinghandsonkids.com](https://www.growinghandsonkids.com/)

[Healthyexerciseworld.com](https://www.healthyexerciseworld.com/)

[Traininghappyhearts.blogspot.com](https://www.traininghappyhearts.blogspot.com/)

[Superduperinc.com](https://www.superduperinc.com/)



Thank you,
You've totally got this!

