

# Building your Sensory Tool Box

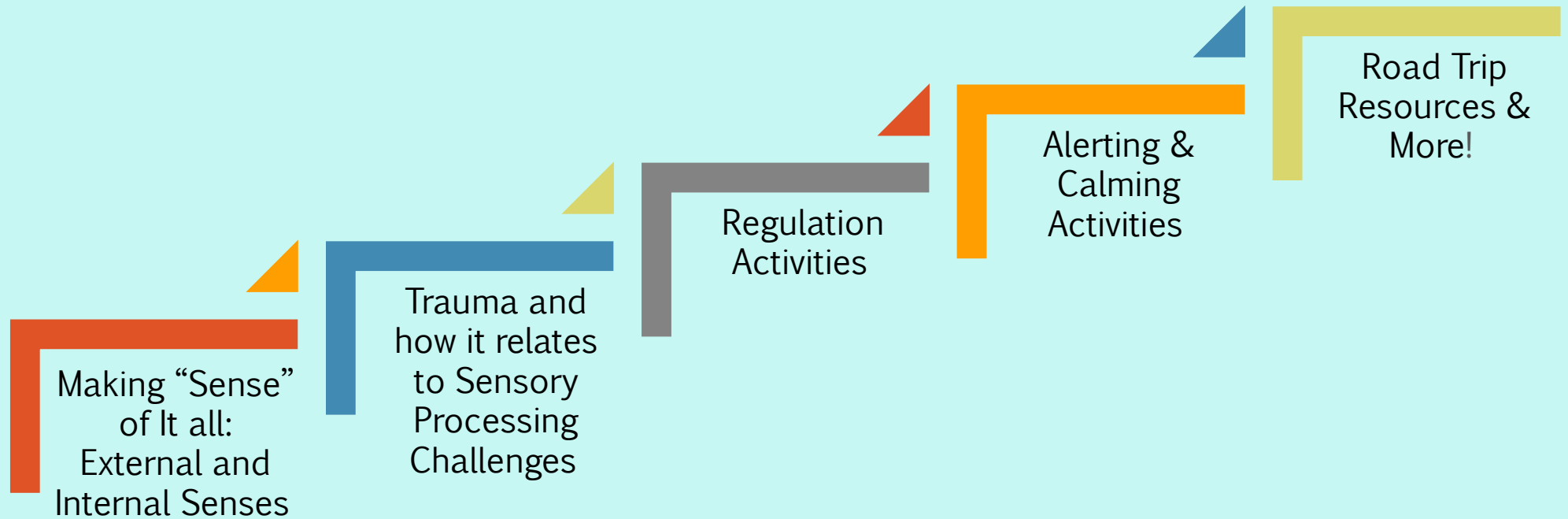
Creating Sensory Rich and Connecting  
Experiences with your Children



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Raise the Future



Meaningful experiences foster **CONNECTION**  
and deep healing for children. 



# The 5 External Senses

- ★ Visual (Sight)
- ★ Olfactory (Smell)
- ★ Auditory (Hearing)
- ★ Gustatory (Taste)
- ★ Touch

★ *But there is so much more going on inside our bodies...*



# Our Internal Senses

## VESTIBULAR

The elaborate sense that involves body position and movement of the head.

This system originates from our inner ear and changes as we age. It helps us feel focused and centered

In children: This system affects our ability to balance, walk and keep our trunk sturdy

## PROPRIOCEPTION

The ability to sense where your body is in relation to yourself, others and objects in our environment.

This system is involved in every physical activity we do.

## TACTILE

This system helps us process information from the environment. The receptors for this system are found in the skin, and therefore makes it the sense with the largest receptor field.

# What is the connection between trauma and Sensory Integration?

## *Adverse Early Experiences*



- Physical, sexual or verbal abuse
- Physical or emotional neglect
- Separation or divorce
- A family member with mental illness
- A family member addicted to drugs or alcohol
- A family member who is in prison
- Witnessing a parent being abused

Find your ACEs score <https://americanspcc.org/take-the-aces-quiz/>

Retrieved from American SPCC *Take the ACEs Quiz*  
<https://americanspcc.org/take-the-aces-quiz/>



# But it doesn't always make sense?

- ★ The biology of a young child
- ★ The overload of one sense biologically affects another
- ★ The primitive part of our brain (the amygdala) kicks in and tell our bodies that we are not safe, and mal-adaptive behaviors rise (fight, flight or freeze)
- ★ These behaviors look different in all of us and change as we develop



# The Good News...

**Research indicates that skillful use of Sensory Integration Techniques not only mitigate the symptoms of trauma, but also provide the foundation for new strategies that make us less vulnerable to the long term-effects of trauma.**

[Sensory Checklist \(1\).pdf](#)

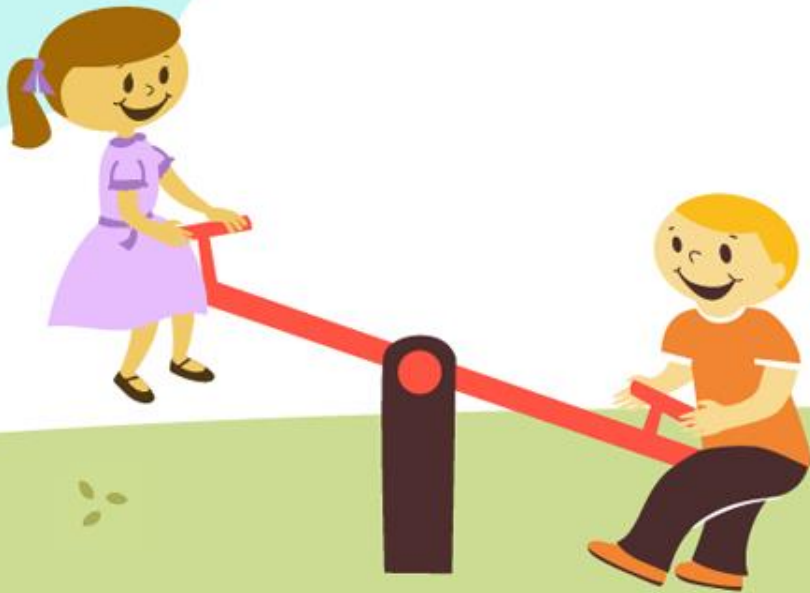


Retrieved from Australian *Childhood Trauma Group Trauma & Sensory Integration The Egg & the chicken*. <https://theactgroup.com.au/trauma-sensory-integration-the-egg-the-chicken/>



# Regulation Activities

A child cannot learn until they are **REGULATED**



## REGULATION ACTIVITIES

Regulation activities help to slow down the heart rate, allow the body to calm and puts you in the “Green Zone.” This is the ideal state for learning.



**DOWNWARD DOG**



**PUSH/PULL**

**LEAN IN**





**WALL PUSH**

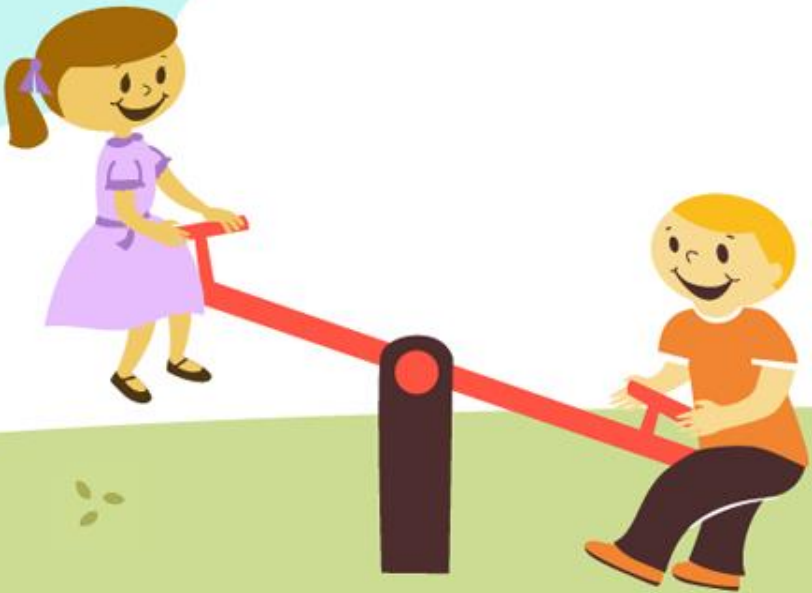
**MINDFULL MEDITATION**



**GROUP TREE POSE**

# Alerting Activities

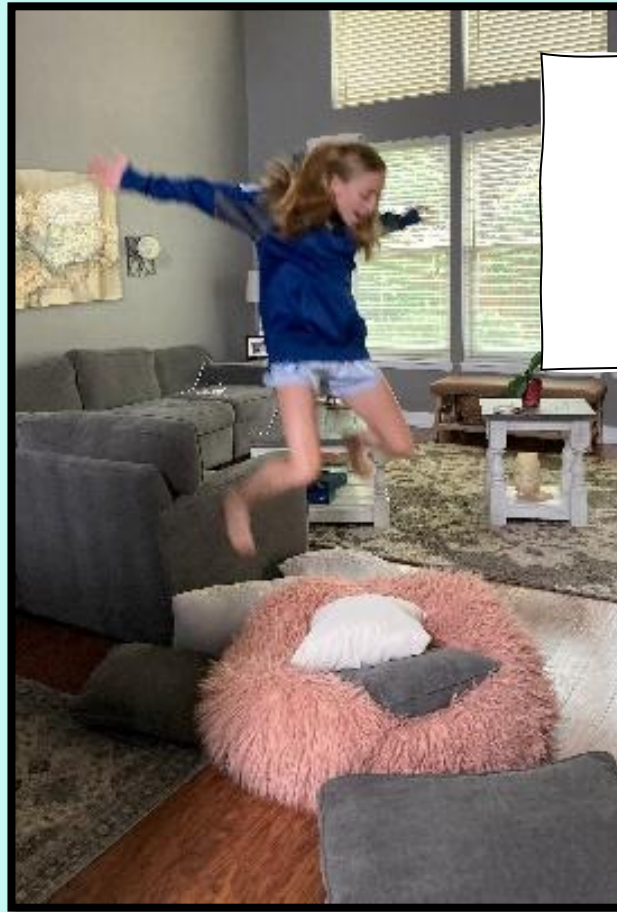
When you need to ENERGIZE!



# ALERTING SENSORY FUN



BUDDY BALL CHALLENGE  
(Proprioceptive, Vestibular)



CRASH & BUMP  
PILLOWS  
(Proprioceptive,  
Vestibular)



WHEELBARROW  
CLIMBERS  
(Proprioceptive,  
Vestibular)



**STRADDLEBALL**  
(Proprioceptive, Vestibular)

**CRAB WALK SOCCER**  
(Proprioceptive, Vestibular,  
Tactile)



An illustration of a young girl with brown hair in a ponytail, wearing a purple dress, and a young boy with blonde hair, wearing an orange shirt and dark pants, sitting on a red seesaw. They are on a green grassy hill under a light blue sky with white clouds. The girl is on the left side of the seesaw, and the boy is on the right side. The seesaw is tilted upwards on the boy's side.

# Calming Activities

When you need to slow things down!

# CALMING SENSORY FUN



**PILLOW SANDWICH**  
(Proprioception,  
Tactile)



**ROCK THE CRADLE**  
(Vestibular)



**BUBBLE BLOWING**  
(Proprioception)

**BURRITO**  
(Proprioception,  
Vestibular, Tactile)



# SENSORY PROJECTS

## KINETIC SAND



## ERUPTING CHALK



## SHEET PAINTING



## WATERBEAD BALLONS & BINS



## HAND GEL SENSORY BAGS



LEGO LUNCH BOX



CAR ORGANIZER

PIT STOP  
REGULATION



FOLDER GAMES



HAND & FOOT  
MASSAGES



# Sensory Friendly Entertainment in Colorado

## **Activity Resource Site (Multiple activities updated frequently)**

<https://www.coloradoparent.com/special-needs-activities-near-denver/>

## **AMC Theaters (Sensory friendly film Program)**

<https://www.amctheatres.com/programs/sensory-friendly-films>

## **Denver Art Museum (Sensory mornings with dimmer lights, play space, smaller crowds and storytelling)**

<https://www.denverartmuseum.org/en/calendar/sensory-friendly-morning-june-2022>

## **Denver Botanic Gardens (Resources and child friendly play area above parking garage)**

<https://www.botanicgardens.org/sensory-processing-autism-resource-kits>

## **Feel the Beat Dance Studio (Studio with vibrotactile floor)**

<https://feelthebeat.dance/schedule>

## **Lone Tree Arts Center (Sensory friendly shows that raise lights, use ASL and reduced sound)**

<https://www.lonetreeartscenter.org/shows>

## **The Sensory Club (Open concept gym with many sensory activities to meet individual sensory diets)**

<https://www.thesensoryclub.com/sensory-gym/>

## **Wings Over the Rockies (Sensory friendly mornings every 3<sup>rd</sup> Sunday of the month)**

<https://wingmuseum.org/sensoryfriendly/>

**Denver Museum of Nature & Science (Autism and sensory processing resources)** Autism and sensory processing resources are available for checkout at the Information Desk for no charge. These include noise-reducing headphones, wiggle seats, and a S.P.A.R.K. (Sensory Processing and Autism Resource Kit) Explorer Backpack with various items that can be