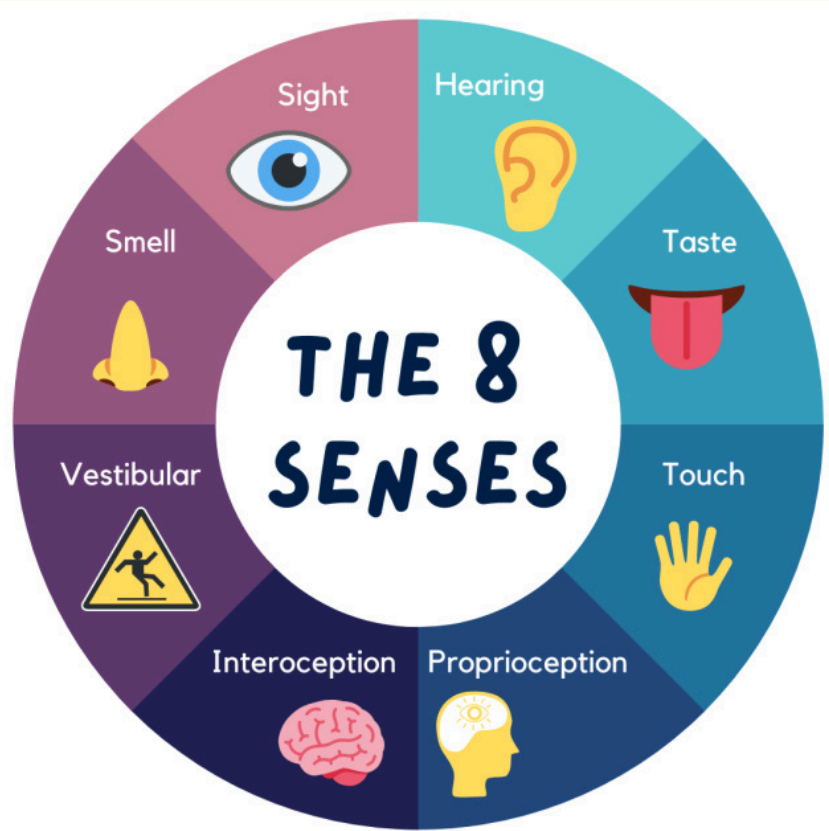


SENSORY DIFFERENCES



Some examples of how sensory sensitivities can be either due to being hyper-sensitive or hypo-sensitive.

Remember that:

- someone can fluctuate between the two
- it can change if you are tired, anxious or unwell

HYPERSENSITIVE

Where your baseline sensory threshold is already high so the person is **sensory avoiding**

Dislikes loud noises
Can hear quiet things others can't
Avoids touch
Hands over ears
Likes headphones/ear defenders
Overwhelmed by strong smells
Irritated by clothing tags
Dislikes some fabrics
Bothered by bright lights
Dislikes flashing lights
Hates roller-coasters and fairgrounds
Stressed in crowds
Easily distracted
Covers eyes
Over sensitive to pain
Anxious about travel
Tiptoe walking
Prefers bland food

HYPOSENSITIVE

Where your baseline sensory threshold is low / muted so the person is **sensory seeking**

Bumps into things
Urge to chew
High pain threshold
Heavy handwriting
Craving salty or spicy food
Loves loud spaces
Humming and singing
Doesn't notice loud noises
Likes weighted blanket
Tight clothes
Bright sunlight
Loves rollercoasters
Eating loudly and taking big bites
Tight hugs
Gets personal space wrong
Likes touching everything
Likes to smell people
Doesn't feel temperature extremes
Rocks and spins