



Every Child is Special: Montessori for All Learners

Sensory Difficulties with Tactile Input:

Over responsive	Negative/emotional response to light touch. Negative with certain textures: clothing, food, activities. Avoids physical contact. Constantly touching certain surfaces, textures, or holding certain objects. Over reaction to pain. Fussy eater. Walking on tiptoes. Avoid certain materials, activities-practical life, sensorial	Bear Hugs. Deep touch back rubs. Water activities- hand washing, cloth washing, table scrubbing, shaving cream. Any practical life activity. Roll up in a work rug- Burrito game Sandwich game- pat with "condiments" before rolling. All sensorial materials- blind fold game. Sitting on an exercise ball.
Under responsive	Indifferent to pain. Non-responsive to hugs, kisses, other touch. Indifferent to dirty face, wet clothes, heat/cold May have difficulty with toileting. Seems to lack motivation. May hurt others without realizing they feel pain.	Art- play dough, finger painting, pipe cleaner sculpture. Holding a koosh ball. Skin brushing- small, plastic brushing over outside of clothing- arms, back, legs. Quiet space with pillows, blankets, bean bag chair.
Craving	Constantly touching everything- objects, surfaces, people. Constantly moving- jumping, running, bouncing, rocking on chair legs. Twirls hair. Prefers to be barefoot. Crams food into mouth Loves messy activities. Gets too close to people. Getting into people's faces.	

Sensory Difficulties with Balance and Movement :

Over responsive	<p>Dislikes playground activities.</p> <p>Very cautious, slow moving, hesitates with new motor activities.</p> <p>Fears even small heights- stairs, steps.</p> <p>Feels anxious when feet aren't touching the ground.</p> <p>Doesn't like being upside down.</p> <p>May have poor motor planning.</p> <p>May have poor visual discrimination.</p> <p>Social/emotional problems.</p>	<p>Rolling activities.</p> <p>Swinging.</p> <p>Spinning.</p> <p>Sliding.</p> <p>Riding vehicles- bikes.</p> <p>Balance beam.</p> <p>Walking on the line- extensions.</p> <p>Rocking.</p> <p>Sitting on an exercise ball.</p> <p>Jogging.</p> <p>Heavy lifting, pushing, pulling.</p> <p>Movement songs- Head, Shoulders, Knees and Toes.</p> <p>Flex and point joint compression.</p>
Under responsive	<p>Seems to lack inner drive.</p> <p>Will swing for a very long time.</p> <p>Falls easily and doesn't seem to mind.</p>	<p>Sweeping, carpet sweeping, vacuuming.</p> <p>Moving heavy furniture.</p> <p>Floor scrubbing.</p> <p>Walking up stairs.</p> <p>Wheel Barrow.</p>
Craving	<p>Constantly moving.</p> <p>Shakes head back and forth.</p> <p>Likes intense movement- bouncing, rocking, spinning, being upside down.</p> <p>Risk taker- thrill seeker</p> <p>Doesn't get dizzy and loves to twirl.</p> <p>Loves trampolines.</p>	<p>Weight lifting or pull up bar.</p> <p>Wall pushing- with hands and/or feet.</p> <p>Pushups.</p> <p>Yoga.</p> <p>Isometrics.</p> <p>Arm Wrestling.</p> <p>Joint Compression.</p> <p>Jumping.</p> <p>Hopscotch.</p> <p>Skipping.</p> <p>Marching.</p> <p>Hanging.</p> <p>Sitting upside down.</p>
Postural difficulties (muscle tone, bilateral coordination)	<p>Loses balance easily.</p> <p>Awkward when moving.</p> <p>Fidgety.</p> <p>Clumsy.</p> <p>Loose, floppy body.</p> <p>Slumps and sprawls.</p>	<p>Practical life- fine motor.</p> <p>Stringing, lacing, sewing.</p> <p>Sorting.</p> <p>Walking the line- extensions.</p> <p>Simon Says, Hokey Pokey, direction games.</p>

	<p>Sits like a W.</p> <p>Loose grasp with tools, pencils.</p> <p>Too tense a grasp.</p> <p>Tires easily.</p> <p>Trouble moving limbs together.</p> <p>Trouble using both hands together.</p> <p>Hasn't established hand preference by 5 years.</p> <p>Avoids crossing the midline.</p> <p>Difficult time organizing.</p>	<p>Catching a ball.</p> <p>Baseball with an oversized ball.</p> <p>Using a rolling pin.</p> <p>Marble painting.</p> <p>Dressing frames.</p>
Motor planning (dyspraxia)	<p>Trouble with a sequence of movement.</p> <p>Bumps into people or furniture.</p>	
Oral motor	<p>Eating difficulties.</p> <p>Excessive drooling.</p> <p>Articulation difficulties.</p> <p>Production of sound sequences.</p> <p>Reluctant to try new foods.</p>	<p>Sucking/blowing activities- anything with a straw- Cotton Ball Roads.</p> <p>Blowing bubbles.</p> <p>Eating nut butter.</p> <p>Whistles.</p> <p>Water bottle with a stem to suck.</p> <p>Teeth brushing activity.</p> <p>Chewing on tubing, teething ring, gum. Chewy foods- raisins, string cheese, bagels, dried fruit.</p> <p>Crunchy foods- pretzels, raw veggies, apples, rice cakes, frozen fruit or vegetables.</p>

Sensory Difficulties with Body Awareness :

<p>Hesitant to move- will stay in one place with one activity.</p> <p>Avoids weight bearing activity- jumping, hopping, running, crawling, hiking.</p> <p>Picky eater.</p> <p>Poor muscle tone.</p> <p>Contracts joints into torso.</p> <p>Breaks things easily.</p> <p>Bumps and crashes into things.</p> <p>Stamps feet when walking.</p> <p>Kicks feet into chairs.</p> <p>Self stimulatory activities such as head banging, nail biting, finger sucking, knuckle cracking.</p> <p>Likes tight clothing, blankets at night.</p> <p>Chews constantly on non food items.</p> <p>May appear aggressive.</p> <p>Poor body awareness.</p> <p>Dressing problems.</p> <p>Falls, trips, bumps.</p> <p>Difficulty with stairs.</p> <p>Too tense a grip, too loose a grip.</p> <p>Breaks things easily.</p> <p>Using too much, or too little force when picking something up.</p> <p>Leans his head on his work.</p> <p>Slumps in a chair, on the floor.</p> <p>Avoids movement activities.</p> <p>Timid in new situations.</p>	<p>Lifting and carrying heavy things.</p> <p>Pushing and pulling.</p> <p>Hanging by his arms.</p> <p>Joint compression.</p> <p>Bear Hugs.</p> <p>Large transfer work.</p> <p>Arm wrestling.</p>
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