

# SENSORY MODULATION



Sight  
(Visual)



Smell  
(Olfactory)



Hearing  
(Auditory)



Taste  
(Gustatory)



Touch  
(Tactile)



Balance & Movement  
(Vestibular)



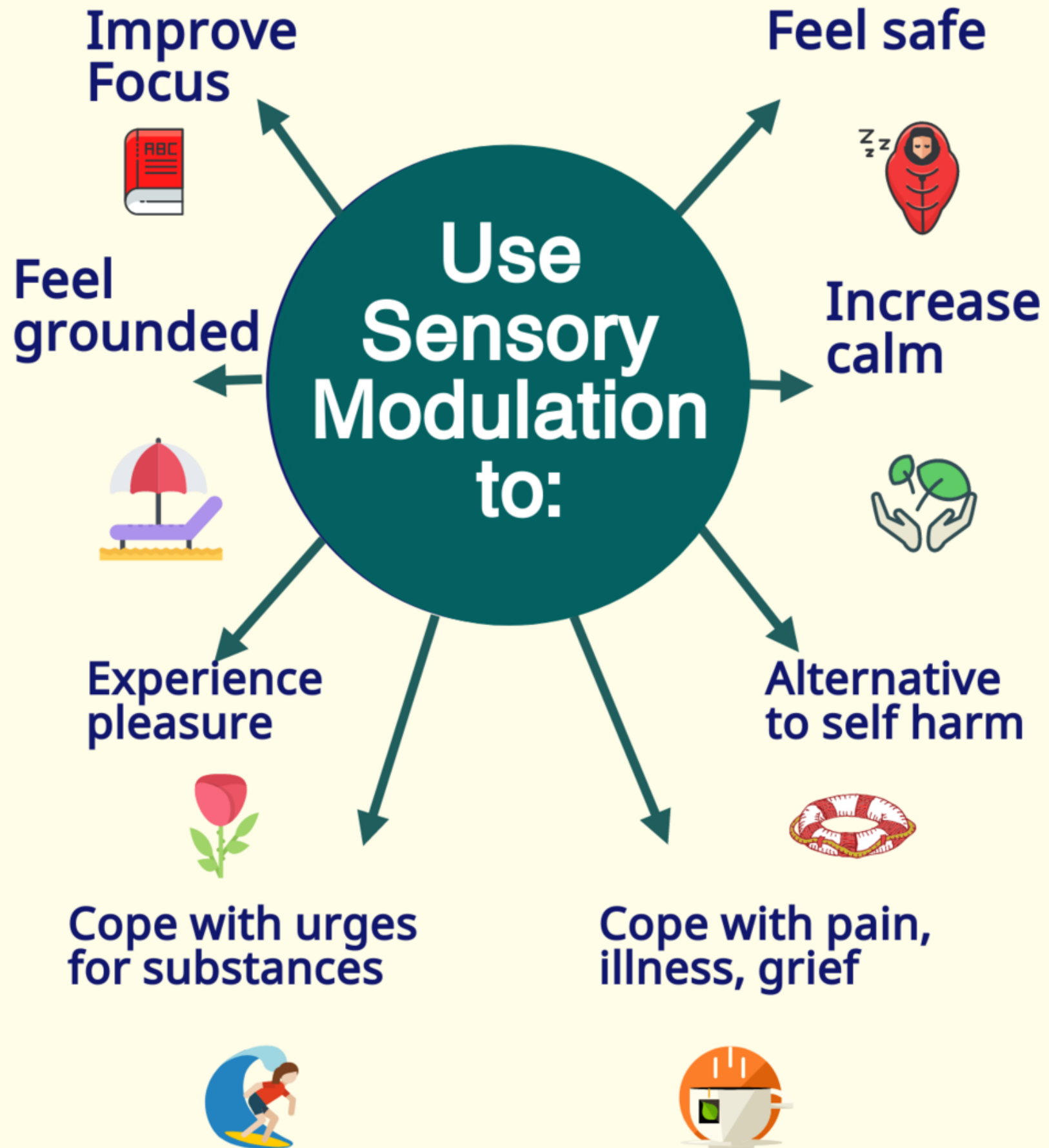
Body Awareness  
(Proprioception)

# What is sensory Modulation?

**Whakaāio ā-rongo** or **sensory modulation** is an evidence-based tool sitting within the Six Core Strategies and has proven to have a positive impact on people accessing mental health services. Sensory modulation is becoming well embedded in New Zealand mental health and addiction services as part of increasing effort to reduce and eliminate seclusion and restraint.

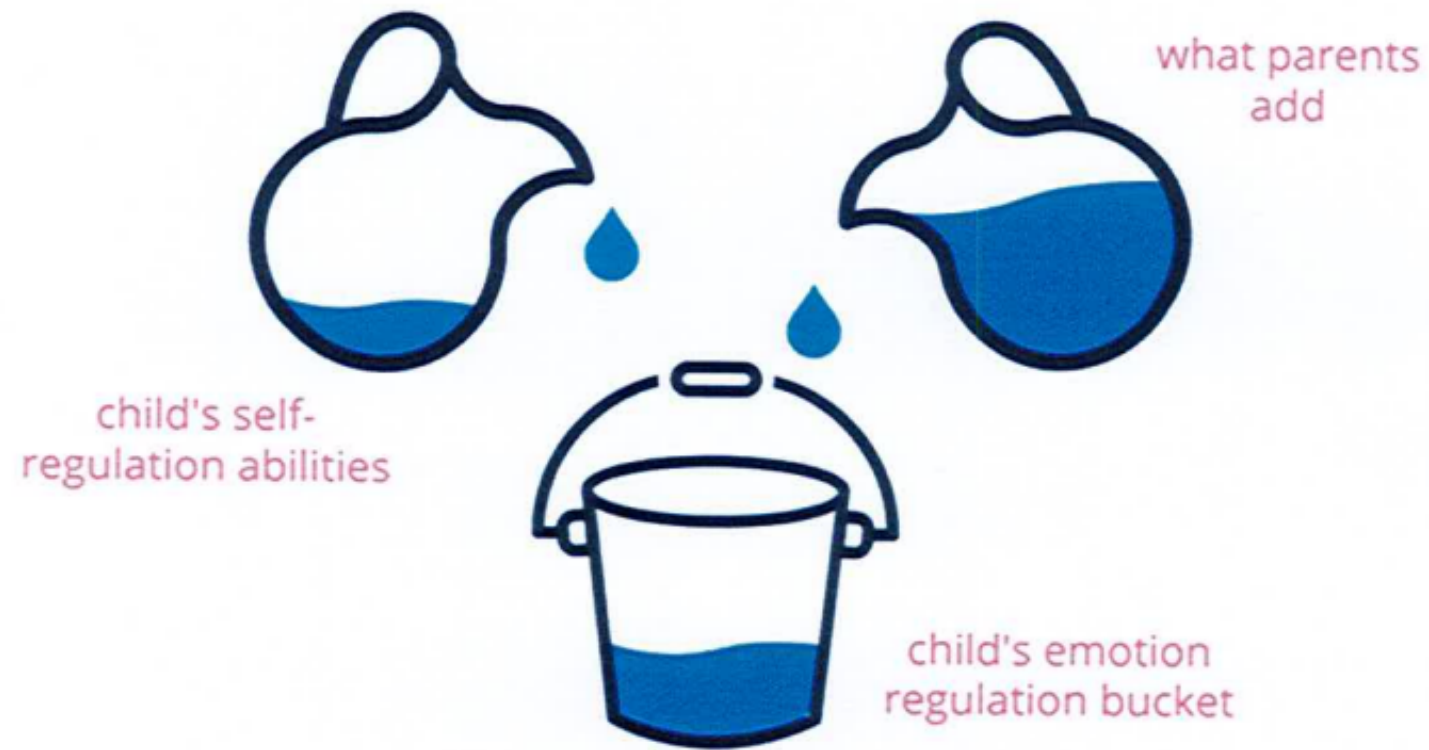
Sensory modulation involves supporting and guiding people in using senses such as sight, sounds, smells, touch, taste, movement to self-manage and change emotional state. Examples of tools are music, essential oils, fidget toys, weighted items and massage chairs. The use of sensory tools supports individuals to learn self-soothing techniques and change their current emotional and behavioural responses to a stressful situation.

# Sensory Modulation: Change how you feel through using your senses.



## Co-Regulation

The art of caregivers providing just enough support for a child to manage their emotions.



As a child's abilities increase over time, parents add less.

# Creating a Sensory Profile

## Hyposensetive

## Hypersensetive

Touch	Low reaction to pain/temperature	Can't tolerate new clothes/certain fabrics
Sound	Likes loud music, crowds and traffic	Covers ears
Vision	Fascinaion with patterns, spinning objects	Avoids direct eye contact
Taste	Licks non-food items	Avoids any new food opportunities
Smell	Sniffs everything	Withdraws from certain odours
Movement/Balance	Swinging, rocking, spinning	Does not like to be knocked or rough play
Body/Spatial awareness	Enjoys jumping and push/pull activities	Can appear to have low muscle tone and be clumsy
Introception	Never feels hungry	Always feels hungry

# Sensory Plan Template

## ACTIVITIES

Example: Grounding exercise,  
mindful minutes

Example 2: Swimming  
or walking track



## BEHAVIORAL STRATEGIES

Example: Stop picking  
skin/ biting nails

Example: Avoid reaction to too  
much noise  
which triggers anxiety



## SENSORY ITEMS

Example: Stress ball, silly  
putty/ play dough

Example: Ear plugs or  
noise cancelling headphones



