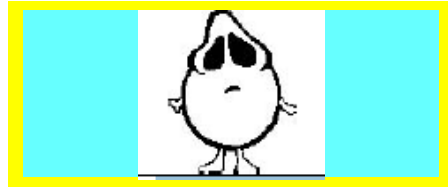


# Sensory Strategies

## Olfactory - information received by smelling



When you notice your student avoiding or seeking sensory, but not sure what to do, try some of these:

Sensory seeking (under responsive or hypo-sensitive to sensory stimulus)	Sensory Avoiding (over-responsive or hyper sensitive to sensory stimulus)
<p>Does child:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Smell objects (plastic flower, playdough)</li> <li><input type="checkbox"/> Smell people</li> <li><input type="checkbox"/> Smell food</li> <li><input type="checkbox"/> Seeks out strong odors (gasoline, cleaning supplies)</li> <li><input type="checkbox"/> Smell garbage can</li> <li><input type="checkbox"/> Smell hands</li> </ul>	<p>Does child</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Holds nose</li> <li><input type="checkbox"/> Report that "something smells" with common everyday smells</li> <li><input type="checkbox"/> Gags with smells</li> <li><input type="checkbox"/> Avoid foods with strong smell</li> </ul>

- ### Activities to support sensory seeking
- ☺ Smell schedule
  - ☺ Scented markers
  - ☺ Scented paints
  - ☺ Scented playdough
  - ☺ Cooking activities
  - ☺ Scented beanbags or stuffed animals
  - ☺ Scratch and sniff stickers
  - ☺ Arts/crafts using cinnamon
  - ☺ Smell matching or memory game
  - ☺ Jewelry designed to hold scents

- ### Activities to support sensory avoiding
- ☺ Place common smells around the room on cotton pads (smells of the day/week)
  - ☺ Avoid wearing perfume/lotions to reduce chaos of environmental smells
  - ☺ Introduce new smell on daily or weekly basis as part of structured schedule
  - ☺ Stimulate facial points around the nose
  - ☺ Talk with physician about nutrient deficiency linked to hypersensitivity

