

Sensory Modulation
WORKBOOK




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Occupational
Therapy




Aims of the group

- To give you the opportunity to explore, discuss and try out different sensory strategies
- To increase awareness of sensory likes and dislikes
- Applying these discoveries to self in order to promote your wellbeing and change the way you feel



There are plenty of activities to explore your sensory preferences in this workbook and in the sensory modulation group, along with opportunities to record your answers to self-discovery questions. This workbook has been created to be more interactive and customised.



Understanding the Meaning

SENSORY



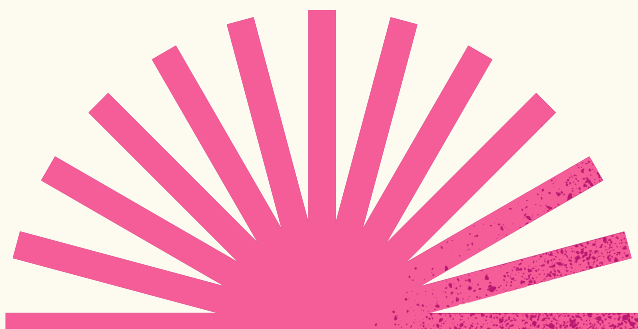
THINK ABOUT:

- What do you need when you feel over-stimulated?
- What do you need when you feel down, low or numb?
- What do you need when you feel frightened, or angry?

What is sensory modulation?

Sensory modulation is the ability to respond correctly to sensory information while maintaining an adequate level of attentiveness for tasks.

We use sensory information from our surroundings and our own bodies to learn and behave appropriately. Sensory modulation is the process by which humans modulate sensory input to avoid over- or under-reacting to experiences. Sensory modulation difficulties can lead to under-responsiveness (lower response) or over-responsiveness (higher reaction and alert levels).



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Sense 1

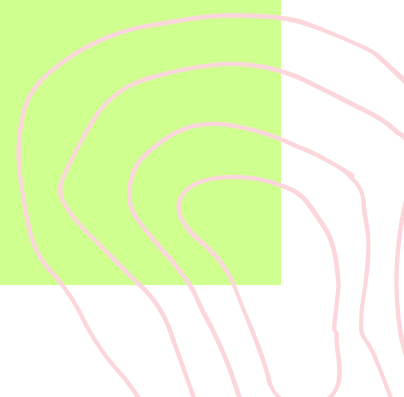
TOUCH



Touch discrimination is the ability to understand information transmitted to the body through the skin, including pressure, vibration, movement, temperature, and pain. The touch system processes and arranges this information, allowing individuals to distinguish between harmful and non-threatening feelings. The touch system is closely related to the region of our brain that controls "flight" or "fight" responses. Because of its connection to basic survival, the touch system has a strong association with our emotional states.

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Sense 2

SMELL



The sense of smell is also known as the olfactory system. It is the most sensitive of our senses, allowing us to recognise a variety of aromas in the environment. Our sense of smell is fundamentally linked to our sense of taste, and while we can smell when we are born, the ability to discern between good and bad odours is not automatic, and our response to smells must be acquired.

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Sense 3

AUDITORY



The auditory system converts sound waves into nerve impulses, which helps us avoid danger and interact with our surroundings. It is beneficial in identifying noises and determining their source. The auditory system allows us to hear a variety of sounds throughout the day, including several noises at the same time. When working properly, it can filter relevant information while rejecting unnecessary sounds.

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Sense 4

VISUAL



This sensory system recognises sights and interprets visual information. Visual acuity, or how well we can see, is not the same as this.

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Sense 5

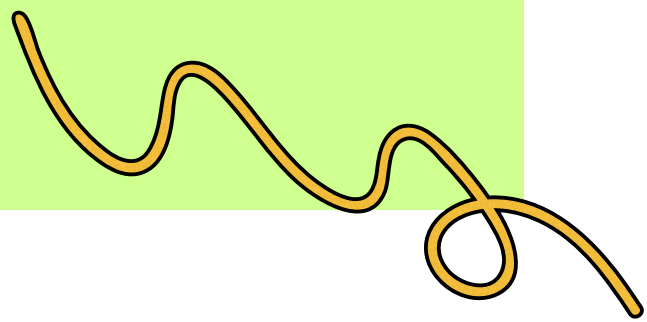
TASTE



Another name for taste is the gustatory system. We can identify the five main taste sensations—sweet, bitter, salty, sour, and savory—thanks to this system. We can react to food that gives us the nutrition our bodies need to survive thanks to our sense of taste. Taste and smell work together to ascertain the safety of food, beverages, and environmental items. Although they are spread throughout our mouth, our taste buds are mostly on the tongue.

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Sense 6



PROPRIOCEPTION

The proprioceptive sensory system which detects and rates pressure and force, has a significant impact on our body awareness. Our muscles, joints, ligaments, and even our skin and bones include receptors for the proprioceptive system. When we move, our brain receives data from the receptors, which tells us where our hands, feet, arms, and legs are in respect to our body. This sensation aids in movement coordination, enabling individuals to precisely walk, run, hop and skip.

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Sense 7



VESTIBULAR

Vestibular sensation refers to our sense of balance and movement. Movement up or down, backward or forward, and around or over stimulates the vestibular system.

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Sense 8

INTEROCEPTION



Our sensory system, known as interoception, tells us how our bodies are feeling on the inside. We experience bodily sensations like a growling stomach, needing the toilet, tense muscles, and a beating heart thanks to interoception. We can experience much-needed emotions like hunger, fullness, thirst, pain, body temperature when we are aware of these bodily sensations.

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EVALUATION



Please write below any feedback you have of the booklet, sessions provided and future ideas you might have regarding the sensory modulation group

ANY THOUGHTS?

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