

SENSORY STIMULATION

15 minutes

1 presenter

Purpose: To help students understand how people with sensory integration issues have difficulty interpreting sensory information and how they might feel in their environments

Materials: Two CD players with loud music CD
Worksheet and a pencil for each student

Setup: Set up a room for activity.
Position the CD players in different parts of the room.

Procedure: The students enter the room.
The facilitator asks everyone to sit on the floor close together.
Distribute worksheet and a pencil.
Turn on one CD player.
Turn on second CD player.
After 2 minutes, turn off CD players.
Settle down with relaxation exercise.
Discussion.
Ask participants to close their eyes again and focus on the sounds in the environment.
Discussion.

Hot Tip! Individuals with sensory integration issues, with anxiety disorders such as Post Traumatic Stress Disorder, or with seizure disorder should be informed ahead of time about this activity so that they can choose whether or not to participate. For minor participants, parents and teachers should be informed ahead of time to make this decision.