Sensory Processing

You might have noticed a smell that reminded you of something from when you were much younger.

Maybe hearing a song reminds you of being on holiday or out with friends. These memories could be very strong, like you were back there again, maybe?

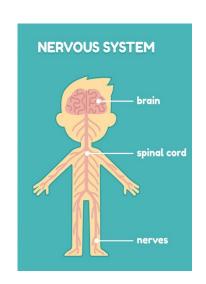
Sensory processing happens when the brain gets information from your senses. . .

- Taste
- Touch
- Hearing
- Smell
- Sight
- Balance (vestibular is the posh word!)
- Movement or Where you are in space (Proprioception is the posh word! pro-pree-oh-sep-shun)

. . . and then works out what to do before sending out instructions to your body to do something.

Your sensory system is made up of the brain, spinal cord and nerves.

Messages are coming into your body through all your senses and they travel through your nervous system to your brain. The brain sends messages back out through the same system. The more experiences we have the more connections are made between the brain and the body systems to make messages travel more quickly. If there are connections that we don't use then the brain 'prunes' these. This means trims them down!!



Julie Hayes

07968 423795

Email: planapproach@omegasolutions.co.uk

It is important to have lots of sensory experiences to keep good connections between your brain and the sensory world around you so you are not overloaded and can make sense of things.

When all your systems are working well you are able to cope with the thousands of bits of information that are flooding in. You are able to work out what is important and what you can ignore.

Sometimes when your brain receives a sensory message from the environment you might love the feeling it gives you and want more of it. Sometimes you may really hate the sensory experience and need to get away from it. Everyone is different! These sensory experiences may make you angry, nervous or calm.

Let's explore the senses together and work out what makes you feel



or



