

Sensory Terminology

- Alerting: Offering an activity or task to increase level of alertness; arousing.
- Aversion: Strong dislike.
- Body awareness: Knowing where your body is in relationship to the things around you
- Calming: Offering an activity or task to decrease level of energy, getting control of yourself.
- Deep pressure touches: Firm touches, firm hugs over feet, legs, arms, shoulders and head. Provides a calming effect.
- Diagnostic codes: Official codes used by healthcare professionals to identify a diagnosis.
- Dyspraxia: Difficulty coordinating movements and can affect both fine motor and gross motor.
- Fight or flight response: Instinctive reaction to stay and fight or run for safety.
- Gravitational insecurity: Overly sensitive to movement or heights. Responds in fear or aggression to stimulus in the inner ear.
- Hypersensitive: Over sensitive to input. They over-respond to certain input. AKA an avoider.
- Hyposensitive: Under sensitive to input. They under-respond to certain input. AKA a seeker.
- Intervention: Action plan or plan of care to help child function in daily life.
- "Just right" state: That feeling when things are balanced.
- Joint compression: Exercise that provides proprioceptive input to the joints.
- Proprioception: Unconscious ability to sense where your body is. This input comes through the joints, muscles and ligaments.
- Sensory discrimination: One's ability to accurately interpret and identify and respond to stimuli coming in through the senses.
- Stimming: A repeated action that brings calm and organization to a child.
- Stimulus: Something that comes into your body and causes a reaction or response.
- Sensory input: Any stimuli that is perceived through your senses to your brain.
- Sensory integration: One's ability to integrate and interpret accurately the stimuli from your senses.
- Self-regulation: Ability to adjust as situation calls for (AKA Sensory Modulation)
- Self-organization: The brain's ability to properly sort out the stimuli received through the senses. Helps the child decide which senses to focus on and which to ignore.