

Sensory Processing -What's the Fuss for Groups

An online course exploring sensory processing, what it is and how to help children with sensory processing challenges at home and school

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Onsite Coordinator Outline





Sensory Processing –What’s the Fuss for Groups Coordinator Outline

Hello and Welcome to Sensory Processing – What’s the Fuss for Groups. This online course is designed for groups who want to learn more about sensory processing and how to help children and adults with sensory processing challenges. We hope that by the end of the course you know not only what you can do to help but why you are using the strategy and how to use the strategy safely.

The course is designed to be facilitated by an onsite coordinator who will arrange the setting, handouts, and materials. The coordinator will ensure the video content plays on schedule. They will also be responsible for setting up activities and facilitating feedback discussions.

This booklet is for the onsite coordinator and outlines everything you need to run the course for your group. The ‘coordinator video’ within the course coordinator information of the course complements this booklet.

The course can be completed over one day or multiple shorter periods, to fit with your group’s schedule. This booklet recommends example schedules but you could also adapt the timings to your group’s needs.

We hope that the course provides an easily accessible, cost effective solution to your group’s sensory processing training needs.

Kim Griffin
Griffin Occupational Therapy



Sensory Processing –What's the Fuss for Groups *Coordinator Outline*

The Minimum Requirements to Run the Course Are:

- Internet browser and connection – a reliable fast internet connection will be required on the day in order to stream the videos. Without this the content will not play well.
- Suitable screen to play videos on.
- Resource pack for each participant.
- Sufficient space for participants etc.

Additional Resources Needed to Run the Course Are:

- Resources for sensory challenges – see sensory challenges for details as this will depend on which ones are chosen.
- Pens and paper to complete activity 2 – case study.

What the Onsite Coordinator Needs To Do Prior Running the Course:

- Organise date / venue / participants etc.
- Organise lunch / tea / coffee etc as needed.
- Send out course information leaflet and emphasise that the course is online and consists of pre-recorded video it is not a face to face course.
- Create your own specific timetable for the course – template provided – you can use the examples in this booklet or create your own to meet the needs of the group.
- Choose the sensory challenges that you will be able to do and organise resources for these.
- Ensure that videos in the 'course section' of the training play at your chosen venue with your device.
- Familiarise yourself with the platform structure and how to quickly access videos etc.
- If using check that You Tube links play – just in case they are blocked by your organisation.
- Print out resource pack for each participant.
- Print out relevant course structure pages for yourself to have handy.
- You may also want to print out separate colour copies of the activity handouts – especially if you have chosen to send these electronically or to have workplace copies.



Sensory Processing -What's the Fuss for Groups Coordinator Outline

What the Onsite Coordinator Needs To Do On the Day

- Set up computer / laptop etc and double check videos play.
- Set out the venue / handouts etc.
- Preload You Tube links in another window or tab to easily switch to.
- Set up sensory challenges.
- Have other resources ready as required.
- {Ensure the videos play in case you skipped this earlier.}
- Facilitate activities and feedback discussions.

Tips for Timing

- There are 2 activities which are optional (sensory challenges, case study) it is felt that these help to enhance learning but if you are short on time then these could be either shortened or left out.
- There are 3 suggested schedules depending on if you are running the course over 1 day, 2 ½ days or in 3 sections.
- The course could be presented video by video at a staff meeting over a number of weeks if this was a better option for your team. Videos (9) range from 20-40 minutes, but are typically less than 30 minutes).
- It can be helpful to combine the break and sensory challenges, give 40 minutes for both and then 20 minutes to have a discussion / feedback.



Sensory Processing –What's the Fuss for Groups Coordinator Outline

Course Structure – Full Day

Day 1 Section 1 – 1.5 – 2 hours

What	Time	To Play
Introduction & Housekeeping	10 minutes	
Course Video	1 hour 25 minutes	Video 1.1 26 min Video 1.2 [#] 24 min Video 1.3 [#] 28 min
<i>Sensory Challenges</i>	<i>25 minutes*</i>	Activity 1 – ideally set up before hand and direction participants to these

Morning Break – 15-30 minutes

Section 2 – 2 hours

What	Time	To Play
<i>Sensory Challenges – feedback to group your findings</i>	<i>15-20 minutes *</i>	Activity 1 – see coordinator information for prompts
Course Video	1 hour 40 minutes	Video 2.1 21 min Video 2.2 [#] 20 min Video 2.3 [#] 22 min <i>Option of -5-10 minute break</i> Video 2.4 [#] 36 min

Lunch – 45-60 minutes

Section 3 – 1.5 – 2 hours

What	Time	To Play
Course Video	1 hour 10 minutes (1 hour 25 min with both optional clips)	<i>Optional clips</i> Sensory Overload Video – 2 min 22 sec https://www.youtube.com/watch?v=K2P4Ed6G3gw A Child's View of SP – 9 min 17 sec https://www.youtube.com/watch?v=D1G5ssZIVUw Video 3.1 39 min Video 3.2 [#] 32 min
<i>Case Study</i>	<i>30-60 minutes *</i>	<i>Activity 2</i>

Between the videos in each section there is a minute break. The videos should auto play but if they do not please press play. There is a 20 second count down at the start of videos marked with a #.

**Will depend on number of participants and time you have to allocate and feedback – these sections are optional but do enhance understanding.*



*Sensory Processing –What's the Fuss for Groups
Coordinator Outline*

Example Time Table – Full Day

Section 1

Time	Action
9:00	House Keeping
9:10	Video Content – Introduction, Arousal, Modulation, The Senses
10:30	Sensory Challenges
10:30	Break – Combined with sensory challenges – please make sure you have done the sensory challenges and had a coffee before 11:15

Section 2

Time	Action
11:15	Group feedback / discussion on Sensory Challenges
11:30	Video Content – Neurology, Modulation Sub-Types, How to Help Intro
1:30	Lunch

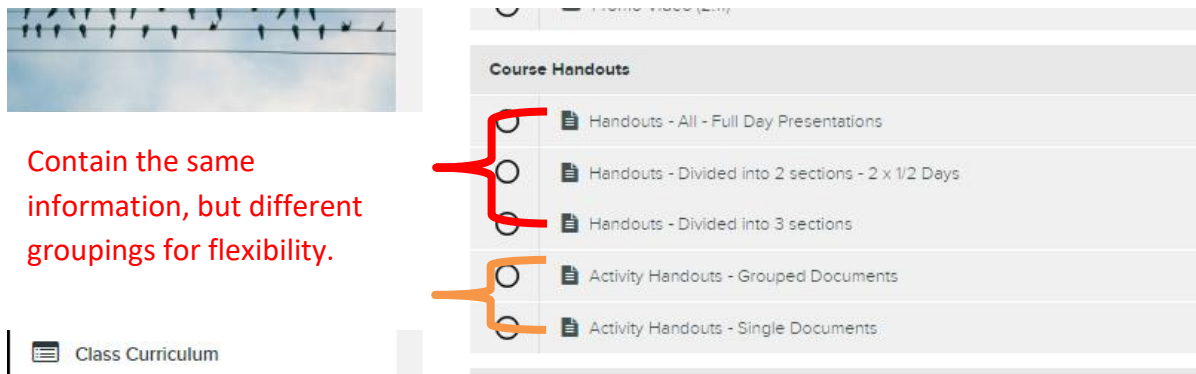
Section 3

Time	Action
2:30	Video Content – How to Help Continued
3:30	Group Activity – Case Studies
4:00	Group feedback / discussion on Case Studies
4:30	End

Sensory Processing –What's the Fuss for Groups Coordinator Outline

Course Handouts

The course handouts are all in the 'course handouts' section of the course.



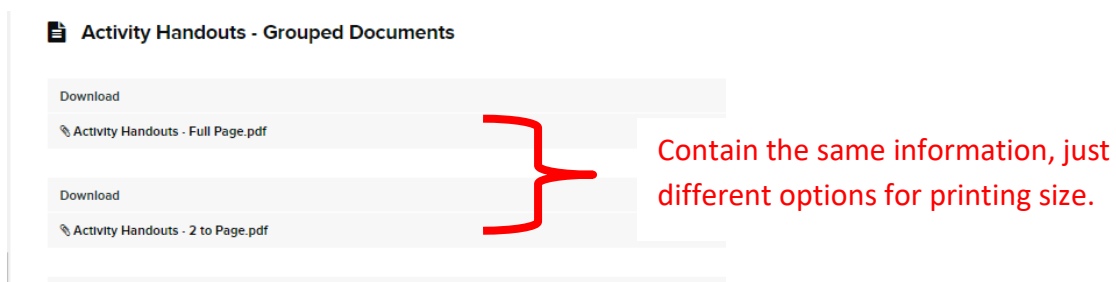
Contain the same information, but different groupings for flexibility.

They are divided into main sections – Handouts & Activity Handouts.

The Handouts contain the slides for the videos and also additional information at the back. The content within the three handouts sections are the same, please choose the set that best meets the needs of your group. You can then print this or send an electronic copy to participants.

The Activity Handouts contains extra activity examples for information discussed in section 3 of the course. The 'grouped documents' set have most of the documents in one file for ease of printing; the 'single documents' contains the same information just in separate files.

Depending on your group you may only wish to print a few of these in colour for all to share at your workplace. If you are presenting the course for people based at multiple sites it would be helpful to include the documents with the handout notes. Alternatively you could also provide an electronic copy for participants. Regardless of how these are shared, it is helpful to have copies available for participants to look at over lunch and for the case study. There is an option within the 'grouped documents' to print two to a page as well, this document contains the same information as the full page documents.



Contain the same information, just different options for printing size.



Sensory Processing –What's the Fuss for Groups Coordinator Outline

Course Structure Shorter Block – 2 half days

Day 1: 3 hours 15 minutes - 4 hours (under 3 if sensory challenges aren't done)

What	Time	To Play
Introduction & Housekeeping	10 minutes	
Course Video	1 hour 25 minutes (1 hour 40 min with optional clips)	Video 1.1 28.5 min Video 1.2 [#] 26 min Video 1.3 [#] 30 min <i>Optional Extra Clips – 15-20 minutes</i> Proprioception by Brain Highways – https://www.youtube.com/watch?v=b2iOliN3fAE Proprioception Documentary - The Man Who Lost His Body – (first 5 minutes could be played) https://www.youtube.com/watch?v=bGIZpZgwnAc The Vestibular System by Brain Highways – https://www.youtube.com/watch?v=pEblLhUc1Pc
<i>Sensory Challenges</i>	15-20 minutes*	Activity 1 – ideally set up before hand and direction participants to these

Break – 15-30 minutes – can combine with Sensory Challenges

<i>Sensory Challenges – feedback to group your findings</i>	15-20 minutes *	Activity 1 – see coordinator information for prompts
Course Video	1 hour 3 minutes	Video 2.1 21 min Video 2.2 [#] 20 min Video 2.3 [#] 22 min <i>Optional clips</i> Sensory Overload Video – 2 min 22 sec https://www.youtube.com/watch?v=K2P4Ed6G3gw

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Course Structure Shorter Block – 2 half days continued

Day 2 – 2 hours 50 minutes – 4 hours

What	Time	To Play
Introduction & Housekeeping	10 minutes	Make sure you note to participants that there is not a break after the first course video but the second!
Feedback Discussion	15-30 minutes	<i>Option to discuss as a group if they noticed any sensory processing challenges at home or at school with their children/adults.</i>
Course Video	1 hour 10 minutes (1 hour 25 min with both optional clips)	<i>Optional Clip</i> A Child's View of SP – 9 min 17 sec https://www.youtube.com/watch?v=D1G5ssZIVUw Video 2.4 36 min Video 3.1 39 min

Break – 15-20 minutes

Course Video	30minutes	Video 3.2 [#] 31 min
Case Study	30-60 minutes *	Activity 2

Between the videos in each section there is a minute break. The videos should auto play but if not please press play. There is a 20 second count down at the start of videos marked with a #.

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Sensory Processing –What's the Fuss for Groups Coordinator Outline

Course Structure Shorter Blocks – 3 sections

Section 1 – 1.5 – 2.5 hours

What	Time	To Play
Introduction & Housekeeping	10 minutes	
Course Video	1 hour 25 minutes (1 hour 40 min with optional clips)	Video 1.1 28.5 min Video 1.2 [#] 26 min Video 1.3 [#] 30 min <i>Optional Extra Clips – 15-20 minutes</i> Proprioception by Brain Highways – https://www.youtube.com/watch?v=b2iOliN3fAE Proprioception Documentary - The Man Who Lost His Body – (first 5 minutes could be played) https://www.youtube.com/watch?v=bGIZpZgwnAc The Vestibular System by Brain Highways – https://www.youtube.com/watch?v=pEblLhUc1Pc
<i>Sensory Challenges</i>	15-20 minutes*	Activity 1 – ideally set up before hand and direction participants to these
<i>Sensory Challenges – feedback to group your findings</i>	15-20 minutes *	Activity 1 – see coordinator information for prompts

Section 2 – 2 hours

What	Time	To Play
Introduction & Housekeeping	10 minutes	
Course Video	1 hour 40 minutes	Video 2.1 21 min Video 2.2 [#] 20 min Video 2.3 [#] 22 min <i>Option of -5-10 minute break</i> Video 2.4 [#] 36 min



Sensory Processing –What's the Fuss for Groups Coordinator Outline

Course Structure Shorter Blocks – 3 sections continued

Section 3 – 1.5 – 2.5 hours

What	Time	To Play
Introduction & Housekeeping	10 minutes	
Course Video	1 hour 10 minutes (1 hour 25 min with both optional clips)	<i>Optional clips</i> Sensory Overload Video – 2 min 22 sec https://www.youtube.com/watch?v=K2P4Ed6G3gw A Child's View of SP – 9 min 17 sec https://www.youtube.com/watch?v=D1G5ssZIVUw Video 3.1 39 min Video 3.2 [#] 31 min
Case Study	30-60 minutes *	Activity 2

Between the videos in each section there is a minute break. The videos should auto play but if not please press play. There is a 20 second count down at the start of videos marked with a #.

**Will depend on number of participants and time you have to allocate and feedback – these sections are optional but do enhance understanding.*