A yellow watercolor splash or brushstroke background, centered on the page, with various sized droplets and splatters extending outwards.

# Our Family's *Senses*

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PARENTING

# Instructions:

This workbook can be used in conjunction with the audio clips provided for you. The audio clips explain the "sensory cups" analogy as well as each specific sense in a little more detail. You can listen to the audio before, after, or during the time you fill this out. My advice, keep it simple and keep your sessions short.

On the next few pages you'll find a brief explanation of each sense along with a list of things that could affect those senses.

For each list, note for yourself if you like that particular sensation, don't like it, or if you don't really mind.

- 1- Like
- 2- Don't Mind
- 3- Don't Like

For example:

Mine could look like this.

walking barefoot in the sand (3)

walking barefoot in the grass (2)

touching something dry (3)

Write down the number you used the most in each category to discover your sensory preferences in that area. In my case, it would be (3).

If you have mostly 1, you likely have a big cup in that area.

If you have mostly 2, you likely have a medium cup in that area.

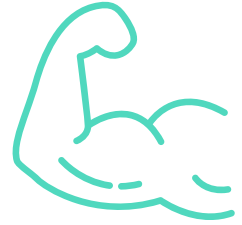
If you have mostly 3, you likely have a small cup in that area.

The cup analogy is explained in the audio recording.

This is not meant to treat or diagnose any conditions. It is simply a guide to help everyone understand their own sensory preferences.

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# Proprioception



**RECEPTORS LOCATED IN ALL JOINTS IN THE BODY. PROPRIOCEPTIVE INPUT COMES FROM ANY MOVEMENT OR PRESSURE ON ANY OF THE JOINTS.**

Crunchy food

Tight hugs

Weighted (or heavy) blanket

Lots of movement

Being squished

Wrestling

Jumping on a trampoline

Jumping into a pile of pillows

# Vestibular



**RECEPTORS LOCATED IN INNER EAR. VESTIBULAR INPUT COMES FROM THE BODY BEING IN MOTION.**

Spinning

Swinging

Being upside down

Riding in the car

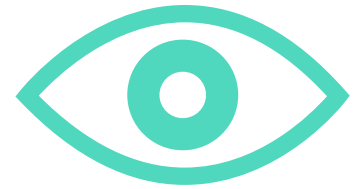
Jumping on the trampoline

Doing a flip

Doing a cartwheel

Swimming

# Vision (see)



**HAVING TO DO WITH HOW MUCH VISUAL STIMULATION A BODY CAN HANDLE (NOT WITH HOW WELL WE CAN SEE THINGS)**

Being in the sunshine without sunglasses or a hat

Bright colors

Bright lights

Lots of things around you (posters, people, etc.)

Watching a TV screen for a long time

# Auditory (hear)



**HAVING TO DO WITH HOW MUCH NOISE A BODY CAN HANDLE (NOT WITH HOW WELL WE CAN HEAR THINGS)**

*\*\*PRO TIP- A PERSON CAN BE LOUD, BUT CAN'T TOLERATE LOUD THINGS. THE AUDITORY SENSE HAS MORE TO DO WITH WHAT WE CAN TOLERATE*

Having the radio on

Having the tv on

Loud music

Lots of people talking

Unexpected loud noises

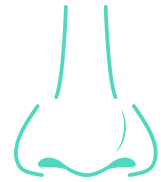
The sound of the vacuum in the same room you're in

The sound of a blender right next to you

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# Olfactory (smell)

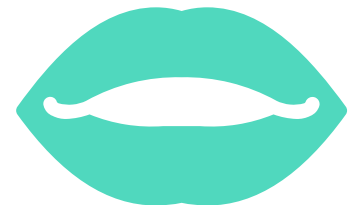
HAVING TO DO WITH HOW MUCH "SMELL" A BODY CAN HANDLE



Food cooking  
Household cleaners  
Perfumes  
Strong smells  
Stinky smells

# Gustatory (taste)

HAVING TO DO WITH HOW MUCH FLAVOR A BODY CAN HANDLE



Salty food  
Sour food  
Spicy food  
Sweet food

# Tactile (touch)

**HAVING TO DO WITH HOW THINGS FEEL ON THE BODY (AND IN THE MOUTH). NOT TO BE CONFUSED WITH DEEP PRESSURE FROM PROPRIOCEPTIVE INPUT.**



Being barefoot in the grass

Being barefoot in the sand

Being barefoot in the dirt

Having something sticky on your hands

Having something wet on your hands

Touching something dry

The feel of food in your mouth (if you don't like it, be specific about what kinds of textures you don't like ex dry, wet, mushy, mixed textures, etc.)

The feel of tags

The feel of seams in socks

When someone touches you unexpectedly

# Expert Tips

**PROPRIOCEPTIVE INPUT TENDS TO BE CALMING AND CAN HELP "EXPAND" SMALL CUPS SOMETIMES. LIST THE MOST CALMING PROPRIOCEPTIVE ACTIVITIES YOUR BODY LIKES.**

**AVOIDING SITUATIONS THAT OVERFILL YOUR SMALL CUPS CAN BE A WAY TO AVOID OVERWHELM. WHEN THAT CAN'T HAPPEN, IT'S GOOD TO HAVE A PLAN OF HOW TO MINIMIZE THE STIMULATION OR TAKE A BREAK.**

**LIST SOME SITUATIONS THAT OVERFLOW YOUR SMALL CUPS AND HOW YOU CAN MANAGE THAT BY MINIMIZING IT, AVOIDING IT, OR GIVING YOURSELF A BREAK.**



# My Own Senses

Print this portion for each individual in your family to work through and discover their own sensory preferences.



# Key

1- like

2- don't mind

3- don't like

## Proprioception

Answers:

**Result:** (which number did you have the most? Circle one)

Big cup (1's)    Medium cup (2's)    Small cup ( 3's)

Things my body likes in this sense:

Things my body doesn't like:

## Vestibular

Answers:

**Result:** (which number did you have the most? Circle one)

Big cup (1's)    Medium cup (2's)    Small cup ( 3's)

Things my body likes in this sense:

Things my body doesn't like:

1- like

2- don't mind

3- don't like

## Vision

Answers:

**Result:** (which number did you have the most? Circle one)

Big cup (1's)    Medium cup (2's)    Small cup ( 3's)

Things my body likes in this sense:

Things my body doesn't like:

## Auditory (hear)

Answers:

**Result:** (which number did you have the most? Circle one)

Big cup (1's)    Medium cup (2's)    Small cup ( 3's)

Things my body likes in this sense:

Things my body doesn't like:

1- like

2- don't mind

3- don't like

## Olfactory (smell)

Answers:

**Result:** (which number did you have the most? Circle one)

Big cup (1's)    Medium cup (2's)    Small cup ( 3's)

Things my body likes in this sense:

Things my body doesn't like:

## Gustatory (taste)

Answers:

**Result:** (which number did you have the most? Circle one)

Big cup (1's)    Medium cup (2's)    Small cup ( 3's)

Things my body likes in this sense:

Things my body doesn't like:

1- like    2- don't mind    3- don't like

## Tactile (touch)

Answers:

**Result:** (which number did you have the most? Circle one)

Big cup (1's)    Medium cup (2's)    Small cup (3's)

Things my body likes in this sense:

Things my body doesn't like:

# Family discussion...

**NOW YOU KNOW YOUR SENSORY PREFERENCES, AND IT'S TIME TO SEE HOW THEY AFFECT YOU EMOTIONALLY TO SEE WHY WE REACT TO CERTAIN THINGS.**

What big cups are there in your family? (talk about them)

How do you feel when your big cups are empty?

What are some things that help you feel better when your big cups are empty?

What little cups are there in your family?

How do you feel when your small cups are overflowing?

What things fill your small cups the quickest?

What are some ways you feel more calm when your small cups are overflowing?