

THE 4 SENSORY PROFILES:

What They **MIGHT LOOK LIKE**

A quick guide to understand how different sensory needs can show up in everyday life.



SENSORY SEEKING

"More please!"



They might:

- Move constantly
- Crash into things
- Love spinning / jumping
- Touch everything
- Make loud noises
- Seem "full of energy"



Their brain is looking for **MORE** input to feel organised.



SENSORY AVOIDING

"Too much!"



They might:

- Cover ears
- Avoid messy play
- Dislike certain clothes or textures
- Get upset in busy places
- Need lots of quiet time
- Control their environment



Their brain notices sensory input **VERY** quickly.



SENSORY SENSITIVE

"I notice EVERYTHING."



They might:

- Get distracted easily
- Notice tiny sounds
- Become emotional quickly
- Struggle in busy environments
- Complain about smells / noises
- Find tags or seams irritating

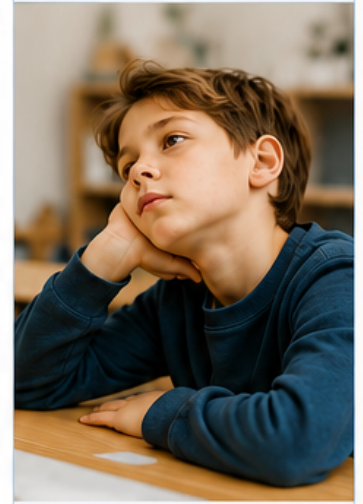


Their nervous system is **highly alert**.



LOW REGISTRATION

"I didn't notice..."



They might:

- Seem daydreamy
- Not respond when called
- Miss social cues
- Appear slow to react
- Have high pain tolerance
- Seem tired or unmotivated



Their brain needs **STRONGER** input to notice things.



REMEMBER:

Most children are a **mix of all 4** sensory profiles.

UNDERSTANDING SENSORY NEEDS HELPS:



Reduce meltdowns



Improve regulation



Build connection



Make daily life easier

 Every child is unique. Connection, understanding and support make all the difference. 

THE 4 SENSORY PROFILES: What They NEED

A quick guide to help support your child's nervous system and daily regulation.

SENSORY SEEKING

"More please!"



They need:

- Movement
- Heavy work
- Climbing / jumping
- Chances to touch and explore
- Active play
- Sensory breaks

These kids regulate **THROUGH** movement.

SENSORY AVOIDING

"Too much!"



They need:

- Quiet spaces
- Predictable routines
- Warnings before transitions
- Less noise / clutter
- Choice and control
- Calm environments

These kids regulate through **FEELING SAFE**.

SENSORY SENSITIVE

"I notice EVERYTHING."



They need:

- Downtime to recharge
- Emotional support
- Calm voices
- Sensory tools
- Breaks from busy environments
- Preparation before activities

These kids regulate through **CO-REGULATION** and calm.

LOW REGISTRATION

"I didn't notice..."



They need:

- Stronger sensory input
- Repetition
- Visual supports
- Movement to wake up the body
- Extra processing time
- Clear instructions

These kids regulate through **MORE** noticeable input.



REMEMBER:

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Reduce meltdowns



Improve regulation



Build connection



Make daily life easier

UNDERSTANDING SENSORY NEEDS HELPS:



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