

What is Sensory Seeking?

- Sensory seeking is being under sensitive to particular sensory inputs or multiple inputs.
- It occurs to meet a sensory need, **they need to engage in an activity to seek feedback from their environment** they are not getting enough of
- They look for more sensory input in ways they know how
- It can stimulate a child's arousal to feel more alert
- It can soothe or calm when feeling overwhelmed or overloaded
- It helps to feel more **organised** and aware of where their body is in space



Connecting Together