

Becoming a Sensory Detective

with Becky Lyddon
www.sensorspectacle.co.uk



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Sensory Spectacle educate about & create
awareness of Sensory Processing Disorder
internationally using immersive learning for
parents, professionals & students.

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Welcome

Sensory processing difficulties
impact 1 in 20

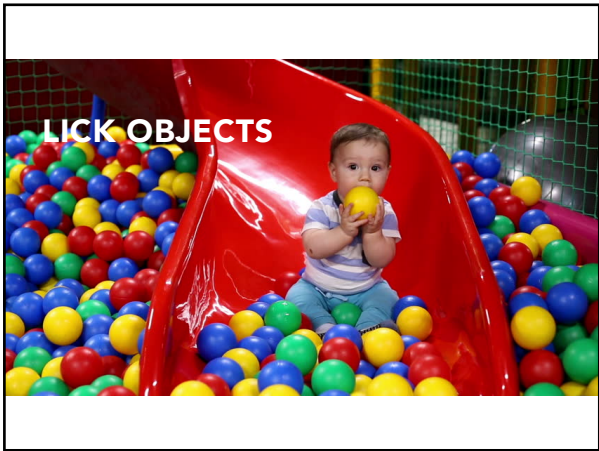
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Do you have
students who...

FIDGET









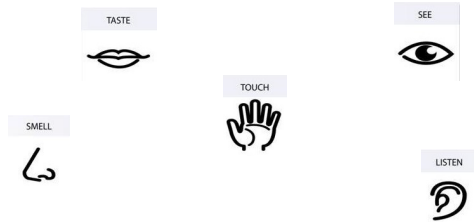


All of these could be a sign
someone has
Sensory Processing Difficulties

Understanding
our senses

External senses

Receive stimulation from outside of the body



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Internal senses

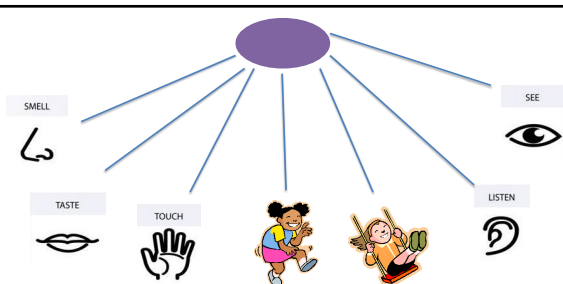
Receive stimulation from inside the body



INTEROCEPTION

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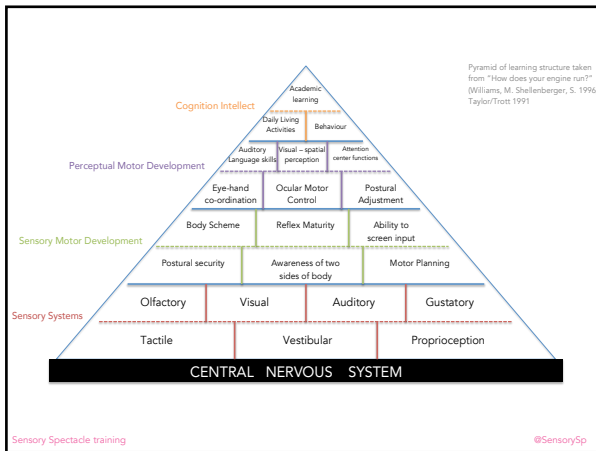
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- From birth our brain is making millions of connections
- Babies are born with a brain full of neurons
- Sensory signals develop pathways between neurons

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"A SPD is when our brain finds it difficult to do it's most important job – that of organising and interpreting the information which it is receiving into meaningful responses." Becky Lyddon (2016)

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SPD can be...

There are 3 major categories of SPD. Someone with sensory issues may experience some degree of each of them, or just one or two.

Sensory Modulation disorder

Have difficulty modulating or regulating sensory information. Tend to respond in 3 ways – they CRAVE input, AVOID input and IGNORE input from the senses.

Sensory Discrimination disorder

May have difficulty finding the source of sensation (where the sound is coming from, the feel of an object without looking). People with both M & D will focus more on M issues.

Sensory – Based Motor disorder

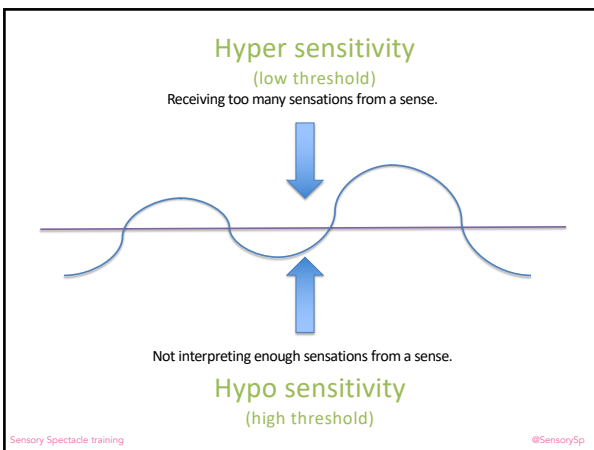
Struggle with maintaining posture, or planning and executing movements – motor co-ordination & balance. (Proprioception, vestibular & touch)

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	Hyper sensitivity	Hypo sensitivity
Visual	Avoid bright lights	Fascinated with reflections
Auditory	Covers ears	Likes vibration
Smell	Moves from smells	Smells others
Taste	Uses tip of tongue to taste	Mouths & licks objects
Touch	Doesn't like new clothes	Hugs tightly
Vestibular	Become anxious when feet leave the ground	Enjoys swinging, spinning, moving fast!
Proprioception	Discrimination difficulties Difficulty manipulating objects (buttons)	Chew on things

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Personality traits


- Attention to detail
- Deep concentration
- Good at identifying errors / recognising pattern
- Innovative to find solutions
- Creative
- Determined
- Committed
- Problem solver – every aspect of their life

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Home life - Understanding why...



Some people may put objects in their mouth.


taken from Sensory Spectacle's Facebook page

Explaining SPD - How external sensations may override internal sensations.




taken from Sensory Spectacle's Facebook page

Explaining SPD - Why someone may seem more active when it's bedtime.



taken from Sensory Spectacle's Facebook page

Home life - Understanding why...



Some people may seem heavy handed.

taken from Sensory Spectacle's Facebook page

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