

FAMILY, RELATIONSHIPS, HOLIDAYS, AND OUR SENSORY SYSTEMS.

Holidays are exciting and challenging. Not only are predictable routines changed, the weather is changing, more clothes may be necessary, and new foods and people may be introduced. We form bonds of friendship and trust through our relationships. Relationships may flourish in quiet environments while they may fall apart during new or chaotic situations.

Our senses contribute to our ability to enjoy or dread social events.

Do you know anyone who might avoid family gatherings because of sensory overload?

Do you know someone who acts out when they get **tired** or **hungry** or it is too **noisy**?

Families should have a plan for what to do when senses are overloaded. Vocabulary including **'taking a break'**, **'go for a walk'** or other ways to request quiet time may help when things get to be too much.



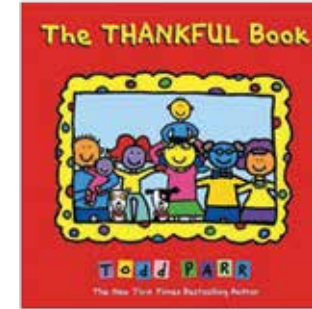
Words found in Saltillo vocabularies support communication strategies to regulate participation in challenging environments.



NOVEMBER 2020

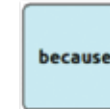
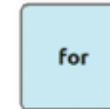
Storytime

The Thankful Book by Todd Parr



There is something to be thankful for every day. Explore many things and reasons to be thankful. What are you **THANKFUL** for?

Words to Model:



Giving Thanks

This month is an opportunity to write about things we are thankful for.

Use the sentence starters to complete thankful thoughts. Demonstrate the sequence for "I'm thankful for" if needed.

You can write this on paper, on a board, or wherever you have room for print! Try writing it out multiple times so you can be thankful for many things!



I'm thankful for _____ .



Download "I'm thankful for" writing prompt.



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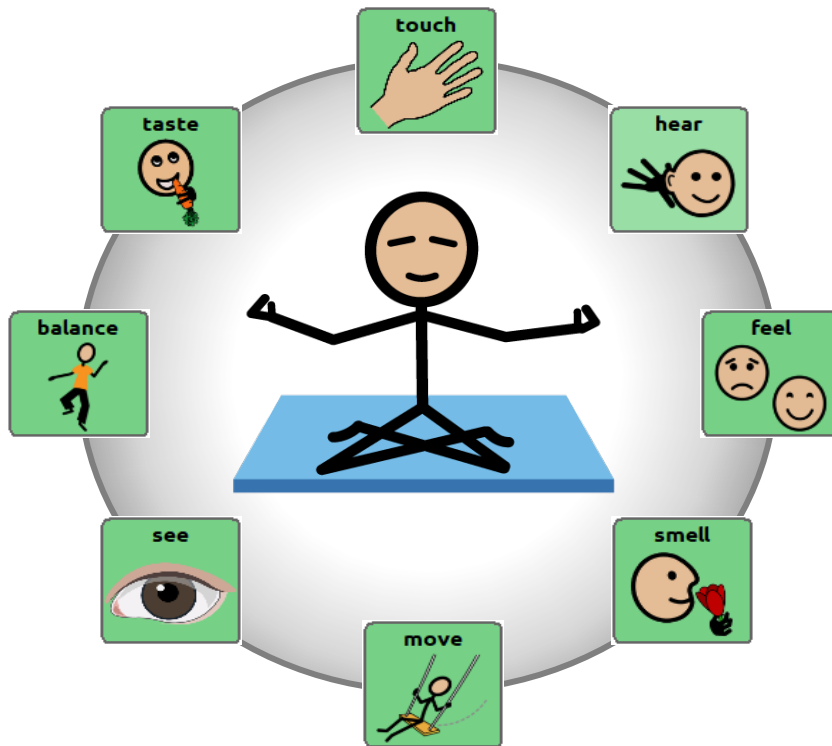
For bonus sensory regulation tips and activities, scan this code!



Practice sentences for Sensory Seekers and Avoiders- November-Family

Every person handles sensory input a little differently. Use these practice sentences and learn ways to talk about and regulate sensory input. Some people, 'sensors and seekers', seek sensory stimulation. Other people, 'avoiders and bystanders' avoid it.

Are you a 'seeker'? Are you a 'by-stander'? Are you a mixture?



SEEKER:

Term used to describe a person who looks for sensory stimulation. They may seek a certain type of input. Seekers may always want 'more'. They love sensation. While providing more input, it is important to keep routines in place.

AVOIDER:

Term used to describe a person who avoids sensory input. Avoiders crave routines and order. They may not like new sensations and when a routine is changed may become anxious. An avoider may need a quiet place to go and language to help manage sensory overload.

Saltillo and TouchChat WordPower™ vocabularies support identification and communication about our senses.

The sequences presented here are examples found in WordPower60 Basic SS.



November- Family, Relationships, Holidays, and our Sensory Systems.

<p>I love my mom.</p>	<p>Go away.</p>
<p>I need a break.</p>	<p>Can I help?</p>
<p>Tell me a story.</p>	<p>Where do you work?</p>
<p>Who is that?</p>	<p>Who is your sister?</p>
<p>Can we go home?</p>	<p>I don't want to go.</p>

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