



Saltillo

2020 CALENDAR

A Sense-ational Journey

Let Us Be Your AAC Guide



Opening up a world of successful communication for individuals and their support teams is the heartbeat of the Saltillo brand. We believe that everyone deserves a voice, and we strive every day to provide the most innovative, intuitive and comprehensive AAC solutions. Our speech generating devices (SGDs), apps and vocabularies are as unique as the children, teens and adults who use them. Rest assured, Saltillo is with you every step of the way as you navigate your journey with AAC.

What Your Consultant Can Do for You

Helping you find the most appropriate AAC solution is of the utmost importance to us here at Saltillo, and our consultants are the best in the business! Here are some of the many ways our consultants are here to help:

- On-site device trials
- Troubleshooting
- Assistance with the funding process
- Obtaining a loaner device
- Implementation strategies and resources
- Free training (including ASHA CEUs) for devices, vocabulary and/or implementation
- Device setup questions
- Answers to all of your AAC questions!

We hope you enjoy your sense-ational 2020 Saltillo Calendar as you use it alongside your NovaChat®, ChatFusion™, TouchChat® Express, or TouchChat® app!

HERE'S TO A YEAR OF SUCCESSFUL COMMUNICATION!

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What Will I Find in the 2020 Calendar?



PUTTING IT ALL TOGETHER: SALTILLO'S SENSE-ATIONAL JOURNEY

Let's talk about our senses and our feelings.

Saltillo's 2020 Calendar is designed to help support an early communicator using Alternative and Augmentative Communication (AAC). This year, our calendar focuses on senses and feelings. Sensory issues, emotions, and behavior are often discussed in the context of children and language development. Is it behavior? Is it sensory? These questions are asked more and more often. We hope you and your team find this resource helpful as you begin to acquire sensational knowledge to 'put it all together' in your Communication Journey.

January starts off with an overview of our eight senses. Monthly topics and tips for success include: hearing, seeing, smelling, tasting, touching, balancing, feeling, moving, and state of being. For the additional months we chose to create units on the Environment and Families.

Monthly Books:

We are pleased to continue our tradition of including a monthly book to provide a context for learning specific core words about our senses and emotions. Check out Saltillo's YouTube Channel to see and hear these books, with symbol support, being read aloud. Most of the selected books are commercially available in libraries and book stores.

Sensory Vocabulary and Activities:

New sensory vocabulary and target words are available in WordPower™ vocabularies on Saltillo devices and TouchChat® by Saltillo. Vocabulary concepts have been added to WordPower that support sensory knowledge, regulation, social relationships, and communication about feelings. Demonstrations throughout the calendar use the WordPower60 Basic vocabulary set.



Each month you'll find tips, books, target words, and activities, including:

- Identification of our senses and emotions.
- Toys and tools for sensory seekers or avoiders.
- Activities and stories to promote learning about our sensory and emotional systems and how to connect them.
- Vocabulary to support the management (regulation) of our senses and our feelings.
- Sensory Sentences: Sample sentences to communicate feelings and sensory challenges to actively regulate our environment and make social connections.



A SENSORY SYSTEM: OUR 8 SENSES ALL WORK TOGETHER

Say What? Eight Senses? Yep...and they all work together! We talk about five senses all the time: see, hear, smell, taste, and touch. Well, there are three more!

- **Vestibular:** Balance
- **Proprioception:** Movement, body awareness
- **Interoception:** 'State of being' (I am hungry) and 'How I'm feeling' (I am scared)

Do you know anyone that is super sensitive to loud sounds or bright lights? Someone that has a very sensitive sense of smell? Challenges to our sensory system can be overwhelming.

This month we introduce you to our eight sensory systems.



To get started, take our Fantastic Fact - Super Sense Power Quiz below to test your sensational knowledge. Check out the Saltillo Super Sensation Sensory Cards downloadable at Saltillo.com.

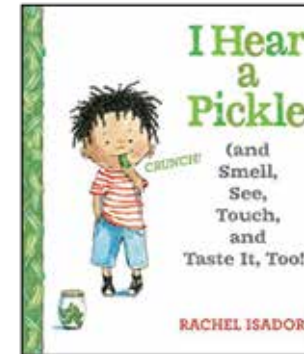
Saltillo WordPower™ vocabularies support identification and communication about our senses.



JANUARY 2020

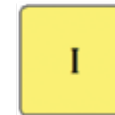
Storytime

I Hear a Pickle by Rachel Isadora



Explore five senses with a sense of humor mixed in. We experience the world through our senses. We hear with our ears, smell with our nose, see with our eyes, taste with our tongue, and touch with our skin. What does a pickle have to do with all this? **Read to find out!**

Words to Model:



Test Your Knowledge

Fantastic Fact - Super Sense Power Quiz

Test your sense power!
How sense-ational are you?

1. SEEING: Which animal has the largest eyes in the world?	<ul style="list-style-type: none"> • Giant squid • Elephant • Horse
2. SEEING: The eye (of answer #1) is as big as a:	<ul style="list-style-type: none"> • Football • Bowling ball • Watermelon
3. HEARING: Which creature has the best sense of hearing? Superb hearing helps them escape their main predator.	<ul style="list-style-type: none"> • Bat • Dog • Moth
4. SMELLING: Which animal has the greatest sense of smell? 21,000 times greater than a human!	<ul style="list-style-type: none"> • Fox • Bear • Tiger
5. TASTING: Which creature has the most taste buds? 100,000 more than a human!	<ul style="list-style-type: none"> • Fox • Catfish • Chicken
6. BONUS QUESTION: How many taste buds does a chicken have?	<ul style="list-style-type: none"> • 24 • 240 • 2400
7. TOUCHING: Which animal communicates through sound and touch?	<ul style="list-style-type: none"> • Spider • Dolphin • Goldfish

Answers: 1. Giant Squid. 2. Football. 3. Moth. 4. Bear. 5. Catfish. 6. 24. 7. Dolphin.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DECEMBER 2019

FEBRUARY 2020

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New Year's Day

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Martin Luther
King Day

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

I TOUCH WITH MY HANDS AND SKIN.



We touch with our hands. Our sense of touch includes the skin on our entire body. It tells us if something is burning hot or freezing cold. This sense helps us know pain or pleasure, pressure, temperature, and texture. We explore and navigate our world through our sense of touch.

Do you know anyone who cannot wear wool or their clothes irritate them? Someone that cannot bear to touch grass? Someone that cannot touch meat?



Words found in Saltillo vocabularies support identification and communication about our sense of touch. These words include **rough**, **bumpy**, **scratchy**, **soft**, **hard**, and many more.



FEBRUARY 2020

Storytime

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

JANUARY 2020
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MARCH 2020
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For bonus sensory
regulation tips
and activities,
scan this code!



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Groundhog Day

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Valentine's day

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President's Day

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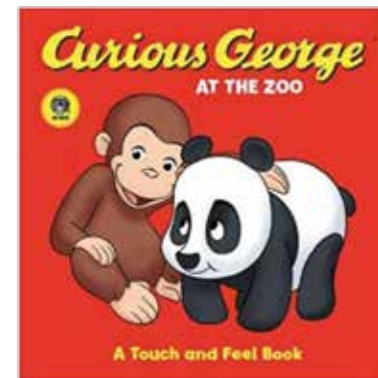
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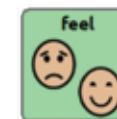
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Curious George at the Zoo by H.A. Rey
Illustrated by Margret Rey



Explore your sense of touch with Curious George. This touch-and-feel board book explores textures that feel like a rhino's rough skin or smooth water. Curious George is hiding somewhere on each page. Can you find him?

Words to Model:



Let's Get Crafty!

Use your sense of **touch** to explore textures and describe how it feels.

How does it feel?



- Draw and cut out a hand.
- Write textures on the fingers
- Collect items with different textures. Some examples include:
soft – pom-pom, cotton ball
rough – sand paper, nail file
smooth – playing card, cellophane
bumpy – macaroni, bubble wrap
hard – coin, rock
- Ask "how does it **feel**?"
- Attach the item to the matching finger and texture.

I HEAR WITH MY EARS.



We use our ears to listen to sounds in our world. Hearing is connected to learning and understanding language. Sounds can warn us or even hurt us.

Do you know anyone that covers their ears, or someone who can't bear to hear someone chewing?

Many people may be hyper-sensitive to sound. Some have trouble understanding what they hear. Some people cannot get used to irritating or extreme sounds. For ear protection, noise cancelling headphones are great tools used to muffle sounds.



*Saltillo WordPower™ vocabularies support identification and communication about our sense of hearing. These words include **loud**, **quiet**, **turn it up**, **turn it down**, and many more.*



MARCH 2020

Storytime

The Listening Walk by Paul Showers Illustrated by Aliki



Let's go on a listening walk. Grab your socks and shoes and put on your listening ears. Explore the world of hearing with a little girl and her father as they take a quiet walk. **What do you hear? What will you discover?**

Words to Model:



Make A Checklist!

Use your sense of hearing. What do you **hear**?

Take a **listening walk** and find what you **hear**!
Check off the items you hear today.

☐ Talking

☐ Door opening

☐ School bell

☐ Dishes

☐ Dog barking

☐ Walking in the hallway

☐ School bus

☐ Rain

☐ Bird chirping

☐ Laughing


FEBRUARY 2020

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APRIL 2020

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Daylight Savings Time Begins						
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I SMELL WITH MY NOSE.



We use our nose to smell. Smells can trigger memories and emotions.

Do you know anyone who cannot bear the smell of brussels sprouts cooking? Some smells are hard to tolerate for all of us. We smell heavenly aromas like roses and terrible odors like garbage. Thinking about rotten smells can cause a gag reflex! Like sound, smells can warn us of danger. People may be super sensitive to smell. An ordinary smell may cause one person to become sick while not fazing another.



*Saltillo WordPower™ vocabularies support identification and communication about our sense of smell. These words include **stinky**, **smelly**, **good**, **bad** and **rotten**.*



APRIL 2020

Storytime

SUNDAY

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THURSDAY

FRIDAY

SATURDAY

MARCH 2020

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

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Palm Sunday

Good Friday

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Easter Sunday

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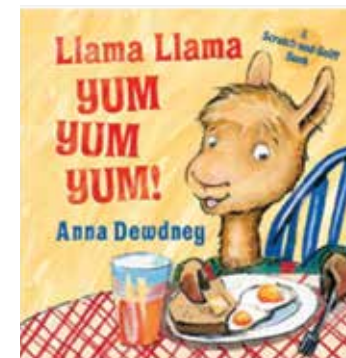
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MAY 2020

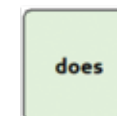
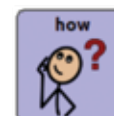
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Llama Llama Yum Yum Yum! by Anna Dewdney



Explore your sense of smell with this scratch-and-sniff board book. Llama Llama and his Mama are cooking in the kitchen. Smell the yummy treats as you read! **How does it smell to you? Good? Bad?**

Words to Model:



Name That Smell!

Use your sense of smell. What do you **smell**?

Does it **smell good** or **bad**?

Create sensory smelling bottles. You can create the experience a number of different ways:

1. Purchase or save containers such as spice jars, baby food jars or mason jars.
2. Ideas for smells – create as many as you like.
 - Use fresh food items such as pickles, oranges, cookies, coffee beans, garlic, lemon, cucumber, peppermint, etc. Place pieces of the fresh item in jars.
 - Use essential oils or extracts and a cotton ball in each container. This option will allow you to use this for a few days or longer. Try scents like vanilla, lavender, cherry, almond, basil, lemon, etc.
3. As each person experiences the smell, you can ask them if it smells



GOOD

or

BAD



Bonus activity: Create a matching game. Can you match the smell to the picture?



I SEE WITH MY EYES.

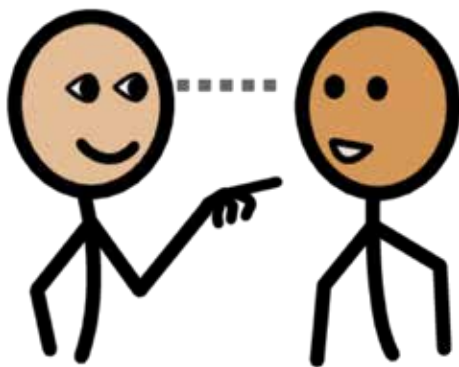


We use our eyes to see and understand visual information from the world. We may need time to process this information.

Do you know anyone that squints or holds books very close to their eyes?

Do you know anyone bothered by overhead lights flickering, who prefers to read in a dark area?

Our visual system is a great strength that may bring us joy, but it is also easily overloaded. People with visual challenges may have difficulty with acuity, movement, focus, or blurriness from too much screen time. Turning off fluorescent lights or covering them with light filters is a good strategy for those bothered by flickering lights. Sunglasses are good, too.



*Saltillo WordPower™ vocabularies support identification and communication about our sense of vision. These words include **bright**, **dark**, **sunglasses**, and many more.*



MAY 2020

Storytime

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TUESDAY

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FRIDAY

SATURDAY

APRIL 2020

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JUNE 2020

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

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Mother's Day

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Memorial Day

The Eye Book by Dr Seuss writing as Theo. LeSieg
Illustrated by Joe Mathieu



Explore your sense of vision! A boy and a rabbit use their eyes to see. They see lots of fun things: flies, ants, and pink underpants. **What do you see?**

Words to Model:



Let's Get Crafty!

Use your sense of sight. What do you **see**?

Go on a scavenger hunt using binoculars you make! Let's make binoculars.

Materials:

- 2 toilet paper tubes
- Glue or tape
- Crayons or markers

To make:

- Decorate the paper tubes with crayons or markers
- Glue or tape the tubes side by side

Now go on a scavenger hunt with your new binoculars! What can you **see**? Use your **eyes** to **look** for:

☐ Leaf



☐ Bird



☐ Flower



☐ Car



☐ Stop sign



☐ Playground



I TASTE WITH MY MOUTH.



We use our mouth and tongue to taste, eat, chew, and then swallow. Our sense of taste works closely with our sense of smell.

Do you know any picky eaters? Someone who can't tolerate string on bananas? Gags easily? Anyone who loves extremely spicy food? Someone who doesn't like certain food textures like mushy or lumpy?

Social events often occur around food and this may be an added challenge.

Sensory challenges related to food and textures may need to be addressed by a professional.



*Saltillo WordPower™ vocabularies support identification and communication about our sense of taste. These words include **spicy**, **salty**, **sweet**, and **bitter**. In addition, there are many pre-programmed food items and may be customized to meet your needs.*



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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Father's Day

28 29 30

MAY 2020
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JULY 2020
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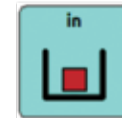
For bonus sensory regulation tips and activities, scan this code!

Let's make something! *Chef Gino's Taste Test Challenge* by Gino Campagna



Explore your sense of taste while cooking with Chef Gino. Recipes are simple and tasty. What will you make with your friends? Will it be hot, cold, spicy, or sweet? **Have tons of fun while challenging your taste buds!**

Words to Model:



Get Cookin'!

Use your sense of **taste**. Let's make a fruit smoothie!

What will you **put in**?

Smoothies are tasty, fun, and nutritious!

Ingredients:

- Fresh or frozen fruit chunks of choice (banana, strawberry, blueberry, kiwifruit, melon, etc.)
- Plain yogurt, milk, or almond milk
- Ice (not necessary if using frozen fruit)

Directions:

- Put all ingredients in a blender
- Blend to desired consistency
- Enjoy!



While making the smoothie, use target words to ask questions or make comments:

- What should we **make**?
- What will you **put in**?
- **First**, we need ____ (fruit) ____.
- We need **more** of **that**?
- Do you want **more**?
- Put **more in**.
- I like **that**.

WE INTERACT WITH OUR **ENVIRONMENT** USING OUR SENSES.

Do you know anyone that becomes anxious in stressful environments like loud cafeterias and fire-drills, or who is claustrophobic in elevators?

Do you know anyone at risk for getting lost? Anyone that wanders off?

Families should have a 'Safety plan' for communication during unpredictable situations. An emergency profile is a strategy sometimes used by families to provide information for first responders and the general public.



Saltillo WordPower™ vocabularies provide language to support communication during emergency situations such as, "I have a problem", "I am lost" etc.



Complete a **Personal Emergency Profile** as part of your safety plan.

<https://nationalautismassociation.org/personal-emergency-profile-sheet/>



JULY 2020

Storytime

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JUNE 2020

AUGUST 2020

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Independence Day

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

Tomorrow I'll Be Brave by Jessica Hische



Explore the world determined to be brave as you face new and familiar territory. Tomorrow, you can be strong, adventurous, smart, curious, creative, and confident. What will be in your tomorrow?

Words to Model:



Be a Superhero!

Create and describe your superhero!

Name your superhero

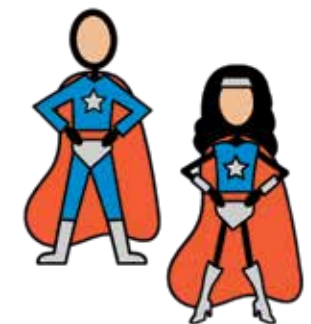


Describe your superhero!
What are your superpowers?



Who do you want to help?





Craft Ideas:

Make superhero...

CAPES

MASKS



Check out superhero ideas on Pinterest!

I CAN MOVE



We use our sense of **proprioception** to know our body position in space. Our proprioceptive sense also provides information from our joints and muscles to coordinate movements. The proprioceptive and vestibular (see October-balance) systems work together.

Do you know anyone that bumps into people or things a lot? Someone who cannot coordinate movements while trying to skip, climb or run? Someone who cannot coordinate getting a spoon into their mouth? Challenges to our proprioceptive sense may cause difficulties with body awareness and coordinated movements.

Activities to teach body awareness and coordination may include jumping, spinning, and deep pressure.



*Saltillo WordPower™ vocabularies support identification and communication about our sense of proprioception. Check out the SENSORY page for vocabulary such as **pressure**, **vest**, **therapy ball**. etc.*



AUGUST 2020

Storytime

SUNDAY

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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JULY 2020
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SEPTEMBER 2020
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For bonus sensory regulation tips and activities, scan this code!

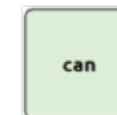
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In My World by Jillian Ma
Illustrated by Mimi Chao



Explore all the things a little boy with autism can do. Follow his imaginative journey seeking acceptance and love. With a little help, he can celebrate his strengths and abilities.
What can you do in your world?

Words to Model:



Make a Book!

Let's make a book about the things **you can** do.

Download this customizable book and add pictures of a person showing what he or she **can** do!



What can you do?



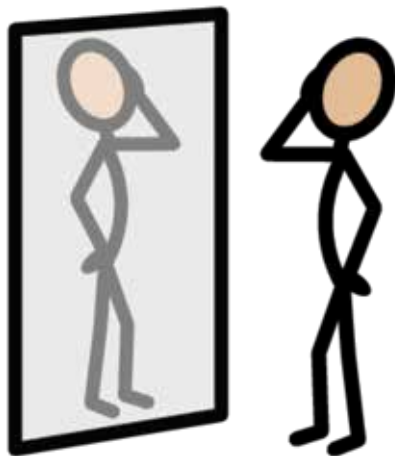
I AM



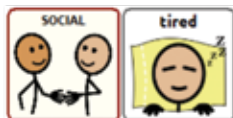
Interoception (not commonly known) is the ability to detect how our inner bodies feel and describe these sensations. Interoception may be broken down into two categories: state of being and emotions/feelings. We'll talk about feelings in December.

Do you know anyone who does not have words to describe sensations related to their body? **Thirsty? Tired? Hot?**

This month we are focusing on vocabulary activities to support learning and communicating about our inner bodies.



Saltillo WordPower™ vocabularies support identification and communication about our sense of interoception.



SEPTEMBER 2020

Storytime

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

AUGUST 2020

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Labor Day

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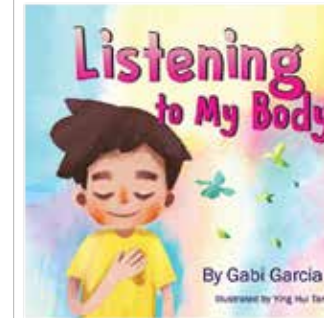
OCTOBER 2020

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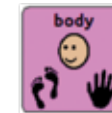
For bonus sensory regulation tips and activities, scan this code!

Listening to My Body by Gabi Garcia



Explore feeling and sensations through this interactive book. Find opportunities to practice naming sensations and feelings that accompany them. Help kids self-regulate. **How do you feel?**

Words to Model:



Let's Play a Game!

Explore and practice emotion words as you play a game of Emotions BINGO and use the target word *feel*!

Download Emotions BINGO.



Use emotion words available in WordPower™.



How do you feel?



Model "I feel ____."



I CAN BALANCE.



The **vestibular** system is part of our inner ear and brain. When we move our head, this sense helps us balance. It also controls eye movements and helps us maintain a stable visual image. Our visual and balance systems work together.

Strobe lights or flashing objects may cause eye movements.

Do you know anyone that gets dizzy really easily?

Do you know anyone with **balance** problems?

People with challenges to their sense of **balance** often enjoy swinging, merry-go-rounds, and spinning.



Words found in Saltillo vocabularies support communication about balance, i.e. swing, jungle gym, trampoline, jump, balance, etc.



OCTOBER 2020

Storytime

SUNDAY

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SEPTEMBER 2020

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

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Columbus Day

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Halloween

She's Got This by Nina Mata



Explore balance with Zoe. Zoe has dreams of flying and of becoming a gymnast. Gymnasts look like they are flying!

Zoe discovers that following her dreams is a little harder and scarier than she imagined. She learns about falling and getting back up to do something she loves. Join Zoe as she learns to get back up and try again!

Words to Model:



Can You Balance?

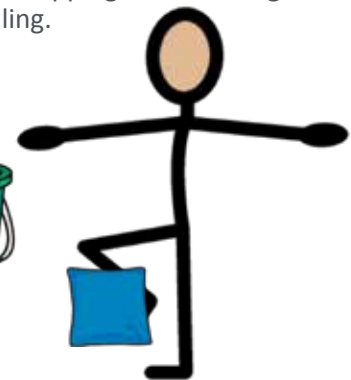
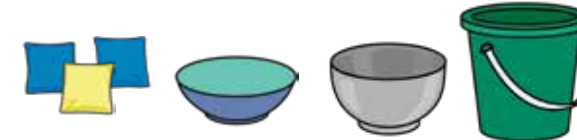
Let's practice **balance** with this simple fun game! Don't **fall**!

Balancing with bean bags!

Object of the game: Balance on one foot while dropping the bean bag into containers of increasing height without falling.

Materials:

- Containers of different sizes (bowl, bucket)
- Bean bags (3)



How to play:

- Line up the containers shortest to tallest.
- Place bean bag in front of each container.
- Player will place bean bag on top of foot. While standing on one foot, lift the foot with bean bag and drop in to container. Players may choose to balance bean bags on alternate hands. The taller the container the more challenging.

Option: Time the play. Individuals can beat their own time or groups can compete against each other.

- Try not to **fall**! **Learn** how to balance.

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.

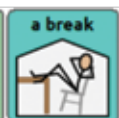
Do you know anyone who might avoid family gatherings because of sensory overload?

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.



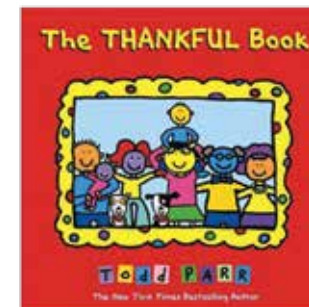
Words found in Saltillo vocabularies support communication strategies to regulate participation in challenging environments.



NOVEMBER 2020

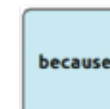
Storytime

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

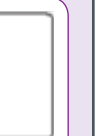
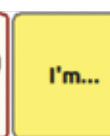
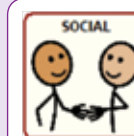
This month is an opportunity to write about things we are thankful for.

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.



SUNDAY

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Daylight Savings Time Ends

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Veteran's Day

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Thanksgiving Day

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OCTOBER 2020

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DECEMBER 2020

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



| FEEL

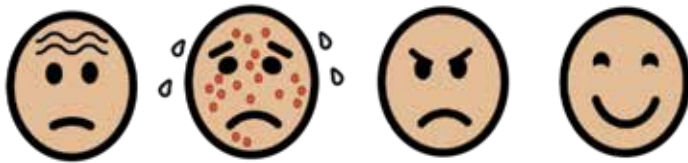


Interoception is the ability to detect how our inner bodies feel and to have words to describe these emotions. Interoception may be broken down into two categories: state of being and feelings. This month we are focusing on our emotions.

Do you know anyone who can't tell you why they are crying? Someone who doesn't know why they are anxious? Someone who laughs at everything?

Strategies to teach vocabulary for emotions enable us to:

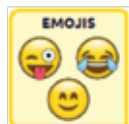
- know different feelings and label them
- identify our own feelings and emotional state
- identify the emotions of others
- use emotional knowledge to guide and control our own behavior



Saltillo WordPower™ vocabularies support identification and communication about our emotions, i.e. happy, sad, hungry, thirsty, tired, sick, and many more.



Today, emojis are widely used to **express ideas, emotions, etc.** Did you know that WordPower includes emojis, too!?



DECEMBER 2020

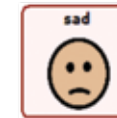
Storytime

The Way I Feel by Janan Cain



Explore many different feelings you might experience day to day. The author expresses emotions and how someone might feel in different scenarios. **How do you feel?**

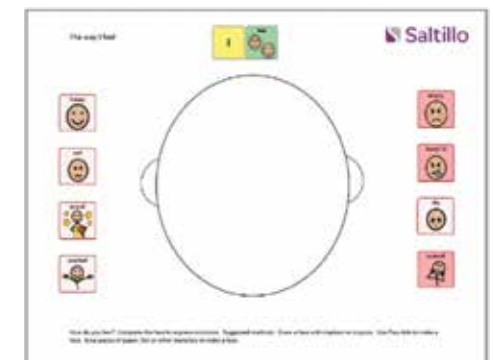
Words to Model:



How Do You Feel?

Try out this activity to talk about **how you feel!**

1. Download “The way I feel”



2. Print

3. Laminate if you wish

4. Fill in the face to complete different **emotions**

5. Ideas for completing:

- Use markers/crayons to draw
- Use Play-Doh to create face shapes
- Use pieces of paper or other materials to complete the face

6. Does it match any of the **emotions** on the board?
Or something different?

7. Talk about **emotions**

SUNDAY

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WEDNESDAY

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FRIDAY

SATURDAY

NOVEMBER 2020

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Christmas Eve

Christmas Day

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JANUARY 2021

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New Year's Eve



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

SENSORY TERMS



SENSORY INTEGRATION:

“The process by which people register, modulate, and discriminate sensations received through the sensory systems to produce purposeful, adaptive behaviors in response to the environment.”

(Ayres, 1976/2005).

SEEKER:

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.

STIMMING:

Self-stimulatory behavior that often includes repeated physical movements, sounds, words or movement of objects. Stimming behavior may include flapping, rocking, or other repeated actions.

SENSORY REGULATION:

Term used to describe a person’s response to sensory input from the environment. The ability to regulate our level of sensory response is referred to as sensory regulation or modulation.

AVOIDER:

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

INTEROCEPTION: STATE OF BEING AND EMOTIONS:

Interoception refers to awareness of our body and organs and how they feel. It also refers to awareness of our emotions. ‘State of being’ refers to the ability to recognize and describe how our body feels: “I am hungry.”

‘Emotions’ refer to our ability to describe our emotional response to our senses: “I am anxious, I am scared”.

ACTIVE REGULATION:

The active regulator tries to control sensory input before it happens. Remembering to wear sunglasses on a sunny day is an example of active regulation.

BYSTANDER:

A person who doesn’t notice what is going on around them and may miss important sensory cues. May need more sensory information than others such as a weighted blanket, bright colors. Bystanders may need information repeated.

PROPRIOCEPTION: BODY AWARENESS, MUSCLES AND JOINTS:

Proprioception is the awareness of our body parts and the ability to know where our bodies are in relationship to objects and people. It is our ability to understand where a body part is and how it moves.

PASSIVE REGULATION:

The passive regulator lets events happen and then tries to regulate the sensory input. This person may react during or after the event with a behavior.

SENSOR:

A person who notices everything around them. They can be easily overwhelmed by too much information.

VESTIBULAR: INNER EAR, BALANCE:

Our sense of balance is controlled by our inner ear. This sense helps determine speed and movement. It is stimulated by head movements and input from other senses, especially vision.

Star Institute for Sensory Processing Disorder (SPD): is a treatment, research and education center for children and adults with SPD www.spdstar.org.
Download a **free SPD checklist** from <https://www.spdstar.org/basic/symptoms-checklist>

National Autism Society printable Safety Tool (NAA), <http://nationalautismassociation.org>

Personal Emergency Profile <https://nationalautismassociation.org/personal-emergency-profile-sheet/>

News-2-You (N2Y): 6 Resources for Hazardous Weather Preparation. N2Y worked with in partnership with the National Oceanic and Atmospheric Administration (NOAA) to create symbol supported materials for hazardous weather preparation: Lightning, Heat, Floods, Tornadoes, Cold, and Wildfires.
<https://www.n2y.com/blog/resources-for-hazardous-weather-preparation/>

Walt Disney World: Guide for Families of those with cognitive disabilities & ASD planning a trip to Walt Disney World.
https://secure.cdn1.wdprmedia.com/dam/wdpro-assets/help/guest-services/guests-with-disabilities/WDW_Cognitive_Guide_compressed.pdf

Free and downloadable: **Romberg's test** is used in an exam of neurological function for balance. It is based on the idea that a person requires at least two of the three following senses to maintain balance while standing: proprioception, vestibular function, and vision.
<http://occupationaltherapyinsights.libsyn.com/size/5/?search=Romberg+test>

Play At Home Teacher.com: A DIY Sensory Path <https://playathometeacher.com/2016/06/25/diy-sensory-path/>

Dunn, Winnie. (2009). **Living Sensationally, Understanding Your Senses** (Jessica Kingsley Publishers, London & Philadelphia)

The Pocket OT: is a great resource from a mom and pediatric occupational therapist. She asks, “ Is it behavior or is it sensory?”: <https://www.pocketot.com>

The Sensory Spectrum: is an online community packed with tips, toys and tools. <http://www.thesensoryspectrum.com>





DECEMBER 2019

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JANUARY 2020

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OCTOBER 2020

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NOVEMBER 2020






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