



Remember sensory processing is complex.  
Its different for every child (& adult) because everyone is unique!

And more importantly there is never a 'wrong' way to be!!

**Specific Advice:**

**Potential professions :-)**

- DJ
- Drummer
- Construction worker

Name:

**If you have any queries please contact your therapist.**

Our details:

Therapist name:

**Children's Therapy**  
Oaks Building  
Kendray Hospital  
Doncaster Road  
Barnsley  
S70 3RD

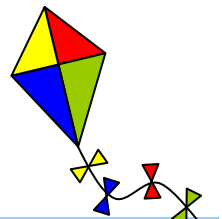
Telephone: 01226 644396

**These activities should be carried out in a safe environment and supervised by a responsible adult.**

**Auditory** (sounds)



**Seeking**  
(looking for more!)



What do we mean by Auditory seeking?

‘Someone who actively creates noise experiences in everyday situations’

Does your child....

- Make lots of noise
- Sing, shout, make animal noises
- Turn the TV/ radio up
- Constantly tap objects/ fingers

For those individuals who ‘seek’ specific sensory information, the aim is to **increase the intensity** of specific sensory experiences within daily activities i.e. if they are seeking noise allow them to make & experience noise

Try increasing the variety of sounds within everyday activities to provide more auditory experiences.

Ideas to try.....

Play

- Provide opportunities to make noise especially at appropriate times (break times, music sessions, out door play)
- Go to places where you can make lots of noise
- Find noisy hobbies (steel drums, piano, Morris dancing)
- Toys / games that make sounds (animal lotto, hungry hippos)
- Own IPod/ personal music

Concentration

- Use different tempo music: fast beat, slow rhythms, heavy bass for different activities and different times of day
- Play background music / white noise especially at night to fall asleep to or do homework

Dressing/ Grooming

- Hum/ sing make up songs as you're doing tasks

Things to make ....

- A rainmaker
- Box drum kit
- Own ‘microphone’ for commentating on daily tasks