DO YOU KNOW ME?

I have trouble making and maintaining eye-contact.
I have “selective hearing” or difficulty listening.
I talk too loud or too soft; I may make inappropriate noises or repeat myself.
I sometimes have a hard time standing in line or staying calm during rest period; I might push others or act out.
I resist certain textures, like finger paints or Play-Doh.
I absolutely can't sit still.
I have poor gross motor skills, such as running and climbing.
I always walk on my tiptoes.

I have trouble focusing, concentrating and/or following directions.
I am overly sensitive to loud sounds such as fire alarms and noisy gymnasiums.
I am always smelling people, food and objects.
I chew on everything - pencils, erasers, clothing, etc.
I have poor fine motor skills, such as handwriting and cutting.
My clothes sometimes look sloppy.
I sit with my legs in a “W” position when working on the floor.
My shoes are often on the wrong feet.

I'm a Sensational Kid!

And chances are, there's a kid like me in your classroom right now!

You see, I have Sensory Processing Disorder (SPD). That just means that my brain can't process sensory information the right way. When my brain gets information through any of my senses — sight, smell, hearing, taste, touch, vestibular or proprioception — it doesn't always know what to do with that information and I become very disorganized and confused. Sometimes I overreact to this sensory input and sometimes I don't react enough. This makes it really hard for me to function at school (and home, too!). I might have trouble learning or making friends. I might be really shy and withdraw from everyone. I might have trouble coping and have a lot of tantrums and meltdowns. I might be afraid of a lot of activities that kids usually enjoy. It's super tough.

So, Do You Know Me? Or maybe someone like me? Well, there are lots of things you can do to help me. Being patient and understanding is a great place to start! Then you need to talk to my parents. If they know about my SPD, I bet they have lots of ideas to help me function better in the classroom. But if they have never even heard of SPD and you think they should learn more about it, maybe you could tell them to talk to my doctor or an Occupational Therapist. If Sensory Processing Disorder is causing my troubles in the classroom, the right interventions will help me start feeling better and learning better.

Oh, yeah! I really am sensational, by the way! With a little help from you, my teacher, I could really shine!