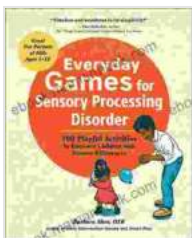


Everyday Games for Sensory Processing Disorder: Enhancing Sensory Integration and Development

Understanding Sensory Processing Disorder (SPD)

Sensory processing disorder (SPD) is a neurological condition that affects how individuals perceive and process sensory information. These individuals experience difficulties in organizing and responding to sensory stimuli, leading to challenges in daily functioning and overall well-being.



Everyday Games for Sensory Processing Disorder: 100 Playful Activities to Empower Children with Sensory

Differences by Barbara Sher

★★★★☆ 4.6 out of 5

Language	: English
Text-to-Speech	: Enabled
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Word Wise	: Enabled
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File size	: 7360 KB
Screen Reader	: Supported
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SPD manifests in various ways, depending on the specific sensory system affected. Common sensory systems impacted by SPD include:

- **Vestibular:** Balance and movement

- **Proprioceptive:** Body awareness and coordination
- **Tactile:** Touch
- **Auditory:** Hearing
- **Visual:** Sight

The Role of Games in Sensory Integration

Sensory integration refers to the ability of the brain to organize and interpret sensory information from various sources, enabling individuals to respond appropriately to their environment. Everyday games can provide opportunities to enhance sensory integration and development, as they often involve multiple sensory systems and require individuals to adapt and respond to changing stimuli.

By incorporating games into daily routines, individuals with SPD can improve their:

- Sensory modulation: Regulating sensory input to appropriate levels
- Sensory discrimination: Distinguishing between different sensory stimuli
- Sensory motor skills: Coordinating sensory information with motor responses
- Social skills: Interacting with others in a sensory-rich environment

Everyday Games for Different Sensory Needs

Vestibular

- **Swinging:** Provides vestibular input through linear and rotational movements.
- **Rocking:** Offers vestibular stimulation in a gentle and calming manner.
- **Spinning:** Engages the vestibular system, promoting balance and coordination.

Proprioceptive

- **Tug-of-war:** Improves muscle strength and body awareness.
- **Obstacle courses:** Challenges proprioceptive skills through crawling, climbing, and jumping.
- **Weighted blankets:** Provides deep pressure input, calming and organizing the body.

Tactile

- **Play-Doh:** Offers tactile stimulation through molding and shaping.
- **Sensory bins:** Filled with various textures, providing tactile exploration and discrimination.
- **Fidget toys:** Supplies repetitive tactile input, helping to regulate sensory needs.

Auditory

- **Musical instruments:** Encourage auditory processing and coordination.
- **Listening games:** Develop auditory discrimination and attention.

- **White noise machines:** Create a calming auditory environment, reducing distractions.

Visual

- **Coloring:** Improves visual-motor coordination and attention to detail.
- **Light tables:** Provide visual stimulation and enhance sensory exploration.
- **Puzzles:** Challenge visual processing and problem-solving abilities.

Tips for Incorporating Games

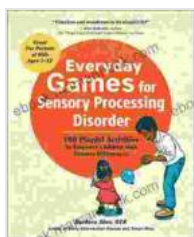
- **Observe sensory preferences:** Pay attention to the individuals' reactions to different sensory stimuli and adjust games accordingly.
- **Start gradually:** Introduce games in short intervals, gradually increasing duration and intensity as tolerated.
- **Provide a safe environment:** Ensure the environment is free of distractions and potential hazards.
- **Collaborate with professionals:** Consult with occupational therapists or sensory integration specialists for guidance and support.

Resources for Everyday Games

- Sensory Processing Disorder Foundation
- STAR Institute for Sensory Processing Disorder
- Sensory Motor Activities for Kids

Everyday games offer a valuable tool for enhancing sensory integration and development in individuals with sensory processing disorder. By

incorporating games tailored to specific sensory needs, individuals can improve their sensory processing skills, social interactions, and overall well-being. It is essential to observe sensory preferences, start gradually, and collaborate with professionals to ensure safe and effective implementation of these games. By engaging in sensory-rich activities, individuals with SPD can lead more fulfilling and independent lives.

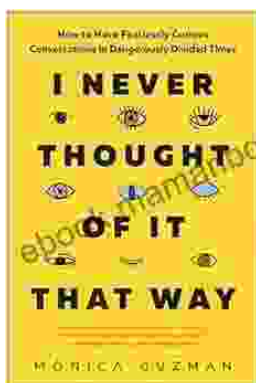


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