

Sensory Terminology

Terminology	Description
Sensory Integration	One's ability to integrate and interpret accurately the stimuli from your senses
Hyper reactive	aka hyper sensitivity, over-sensitive, over-responsive, aversive, avoider, & sensory defensive.
Hypo reactive	Aka hypo sensitivity, under-sensitive, hypo-responsive, low registration, & seeker.
Self-regulation	Ability to adjust as situation calls for. AKA sensory modulation
Sensory input	Any stimuli that is perceived through your senses to your brain
Alerting	Offering an activity or task to increase level of alertness; arousing.
Calming	Offering an activity or task to decrease level of energy, getting control of yourself
"Just right" state	The feeling when things are balanced. Able to listen, focus, learn & do!
Body awareness	Knowing where your body is in relationship to the things around you
Deep pressure	Firm touches, firm hugs over feet, legs, arms, shoulders and head. Provides a calming effect
Dyspraxia	Difficulty coordinating movements and can affect both fine motor and gross motor
Fight or flight response	Instinctive reaction to stay or fight or run for safety
Gravitational insecurity	Overly sensitive to movement or heights. Responds in fear or aggression to stimulus causing head to move away from upright midline position
Sensory discrimination	One's ability to accurately interpret and identify and respond to stimuli coming in through the senses
Stimming	A repeated or repetitive action that brings calm and organisation to a child
Joint compression	Exercise that provides proprioceptive input to the joints