

The Hawai'i & Pacific Deaf-Blind Project Presents:

AN INTRODUCTION TO SENSORY PROCESSING

I have Sensory Processing Disorder



SENSORY SYSTEMS:

- Help us learn about the world around us
- Keep us safe and calm
- Regulates our alert/calm level for best functioning
- Helps us attach and have social connections

TYPICAL SENSORY PROCESSING:

Our ability to take in information through our senses (touch👉, movement👤, smell👃, taste👄, vision👁️, and hearing👂), organize and interpret that information, and make meaningful response.

Next Workshop:

Sense of Taste

Thursday

March 31, 2022

4 pm - 5 pm (HST)

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Activity Sheet: Water Beads

Materials:

- Large container
- Water
- Water beads



Instructions:

- Fill a large container with 3 cups of water. Add more if necessary.
- Place water beads in water.
- Let the water beads sit in water for 2-24 hours for full growth.
- Drain the excess water from the container when the water beads have reached their maximum size.
- Note: Once water beads are removed from water, they will decrease in size and you can add more water to reactivate them.
- Adult supervision is recommended.

Please share pictures and videos with us by sending them to mellanie@hawaii.edu. We'd love to see what you came up with! Mahalo!

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Activity Sheet: Make a Colorful & Glittery Sensory Bag

Materials:

- Quart Size Ziploc Bag
- Hair Gel
- Glitter
- Pompoms
- Duct Tape
- Scissors

Tutorial video is on our web page
www.csc-hawaii.org/hpdbp



Instructions:

- Fully open the Ziploc bag and lay it flat on a surface.
- Add hair gel into the bag.
- Sprinkle a little glitter and a few pompoms into the bag. (Add as much as you like!)
- Close your Ziploc bag removing as much air as possible.
- Seal the top of your bag with duct tape.
- Lay your bag on a flat surface and with your fingers or hand move the pompoms around, draw pictures, make letters, and feel the cool temperature on your hand. Enjoy your sensory bag!

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