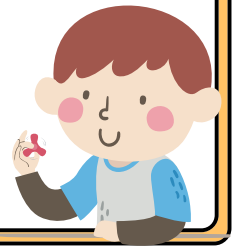


The Power Senses

The 3 power senses include the tactile, proprioceptive, and vestibular systems. These senses will provide more input more quickly so that students can process information, maintain behavior, concentrate, and learn!

TACTILE SYSTEM

- Involves the sense of touch
- Light touch, pain, temperature activates the "Flight, Fright, or Fight" system
- Deep touch and vibration calms and helps us learn and think
- People can have tactile defensiveness which means they are sensitive to light touch
- Tactile Supports: fidget items, heavy blankets, pillows, pencil grips
- People Supports: avoid unnecessary touch, ask permission, move slowly, when touch is necessary, use deep pressure touch



PROPRIOCEPTIVE SYSTEM

- Input on body position through our muscles and joints
- Dysfunction of this system looks like:
 - clumsiness, odd posture, disorganized, poor handwriting, difficulty with small objects
- Proprioceptive Supports: "heavy work" activities like jumping, staking chairs, chewing gum, carry books, animal walks, obstacle course, erase whiteboard, climbing
 - Environmental Supports: visual schedule, color coding, written reminders
- People Supports: stay on schedule, pace language, use concrete language, use wait time



VESTIBULAR SYSTEM

- Structures within the inner ear detect movement and changes in head position
- Provides the strongest sensation with long-lasting effects
- Movements can change someone's attention, arousal, and alertness in the shortest period of time
- Vestibular Supports: swinging, rocking chair, sit & spin, Therapy balls as chairs, moveable cushions
- Remember: Do not withhold recess based on a child's behavior, they may need movement to maintain behavior, concentrate and learn!

