

The Role of Sensory Stimulation



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Why Sensory Stimulation Matters?

Plays a vital role in brain development

Creates an inclusive educational environment

Enhances the life of neurodivergent individuals

Sensory Stimulation and *why* it's important.

Inclusive Educations -

Sensory rich environments are a core part of inclusive practices in educational settings

Tailored strategies to support emotional regulation, improve communication and reduce stress (Proactive Approaches, No Date)

Language Aquisition-

Sensory stimulation helps to enhance both receptive and expressive language.

Sensory play can offer opportunities for building vocabulary, improve fluency of speech and ability to follow instruction (Kid Sense Therapy Group, 2021)

Theorist and Research -

Ayres Sensory Integration Theory (1972) shows when conducted correctly can help to improve social skills, help with self regulation and reduce aggression

Theorist and Research cont-

Piagets cognitive development theory (1936) emphasises how children learn through active exploration and sensory experiences. "Children construct knowledge through interaction with their environment" - Jean Piaget

Brain Development-

Early sensory stimulation shape neurological pathways.

Sensory input is not only touch, it can be through taste, smell, sight, sound and movement all contributing to the development of motor skills, attention and cognitive function.

It's all in the numbers!

1 in 6

Children are believed to suffer from sensory processing issues (National Autistic Society, 2022)

30%

of autistic adults in the UK are in any form of paid employment, this is lower than other ALN (Beyond Autism, 2025)

1 in 100

People in the UK have an Autism Spectrum Disorder diagnosis (The BMA, 2024)

Sensory stimulation explained



What is sensory stimulation?

Sensory stimulation is any activity that activates one or more of the senses these being touch, sight, sound, smell, taste, balance (vestibular), or body awareness (proprioception).

Sensory stimulation helps children to explore, learn, and understand the world around them.

Engaging Environments-

The environment plays a big role in how a child receives and processes sensory input. A well-designed sensory environment can support learning, development, and emotional well-being.

How to create an engaging environment

- varied environments around the room including different activities, textures, sounds and colours
- Calm spaces with low lighting and soft materials
- various sensory zones as some children need more sensory input than others
- SAFETY is always key.

Optimal Stimulation-

Overstimulation causes stress and make it hard for children to focus, learn and feel safe Under stimulation when someone isn't gaining enough sensory input their brain is not engaged this can slow development

4 steps for Co-Regulation when a child is not able to self regulate.

1. Stay calm
2. connect before correcting
3. use soothing actions
4. Guide don't control

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