

guidance occupational therapy services

Sensory seeking



What is sensory seeking?

It's a pattern of sensory processing whereby the brain 'seeks' an intensity of a certain input. For example, it may appear as though someone likes to touch a lot of things, enjoys loud noises, or loves bumping and crashing activities.

What might sensory seekers do?

- Constantly move and crash
- Need to touch everything
- Enjoy loud noises
- Chew or mouth non-food items
- Seek deep pressure like hugs or massages

Is sensory seeking a problem?

Sensory processing patterns do not indicate problems. If you are concerned about sensory-related behaviours, speak to your OT.

Strategies for sensory seekers:

Sensory seeking strategies support the individual's need to experience sensory sensations. They may include:

- Providing specific sensory strategies
- Creating a sensory space
- Encouraging physical activity
- Sensory-specific tools such as chewable jewellery
- Implementing a personalised sensory diet

