



GROWING HOPE

Sensory processing,
attention &
concentration

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What is Attention and Concentration?

Attention: notice taken of someone or something; the regarding of someone or something as interesting or important

Concentration: the action or power of focusing all one's attention.

What causes poor attention and concentration?

- Sensory processing difficulties
- Motor difficulties
- Diagnosed needs
- Trauma



What have you noticed?

- Time of day?
- Better sometimes?
- Worse sometimes?
- What's most distracting?
- What's most motivating?

Strategies to support children & young people

- Sensory regulation
- Grading
- Motivation
- Reward
- Visual/ multisensory support
- Timers



Sensory regulation

What do you do in
your morning
routine?



Sight (Visual)- Information received via our eyes



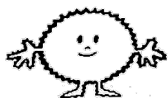
Smell (Olfactory)- Information received via our nose



Taste (Gustatory)- Information received via our taste buds



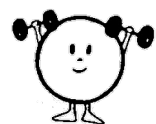
Hearing (Auditory)- Information received via our ears



Touch (Tactile)- Information received via our skin



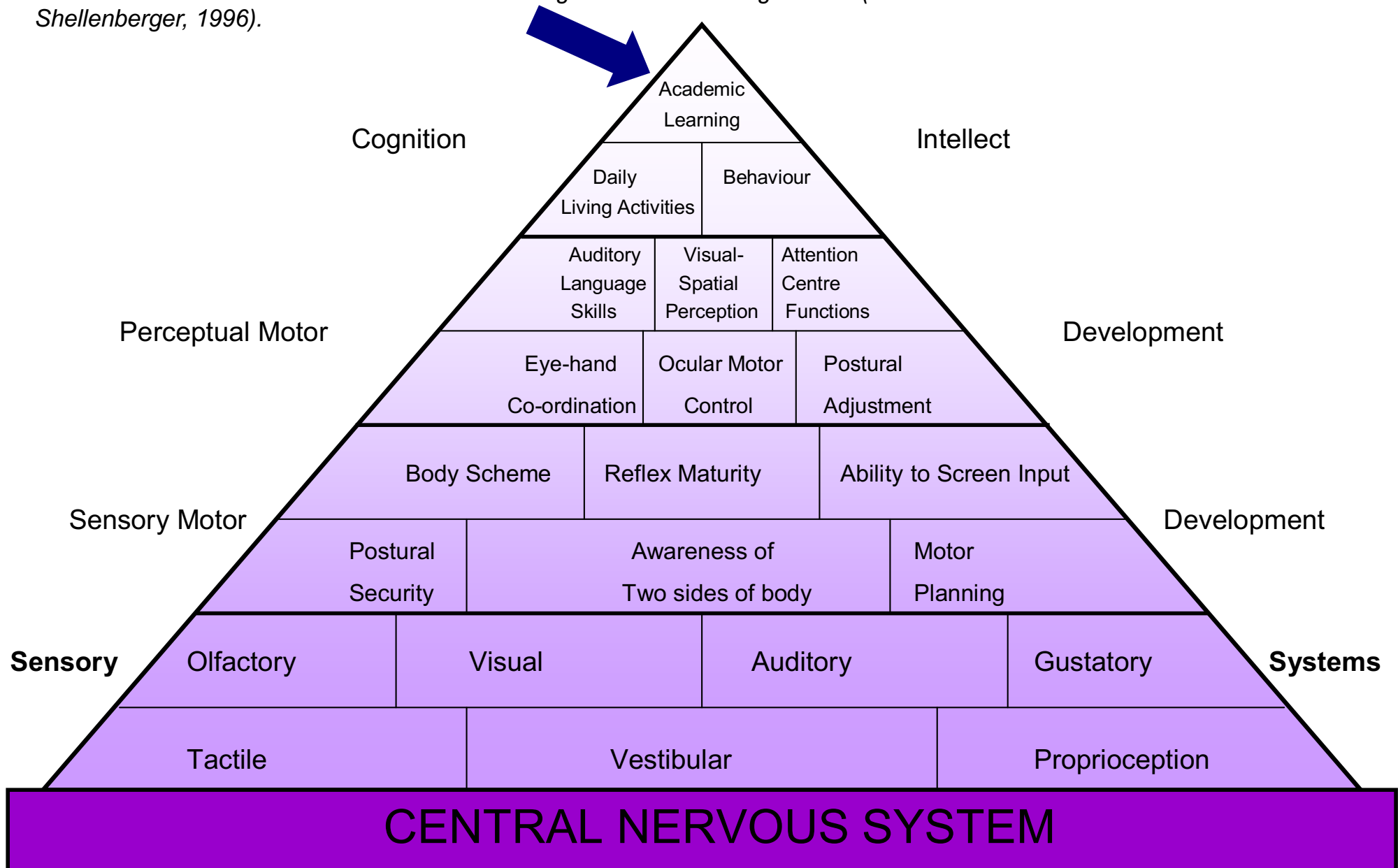
Balance (Vestibular)- Information received via our inner ear to tell us about movement and balance



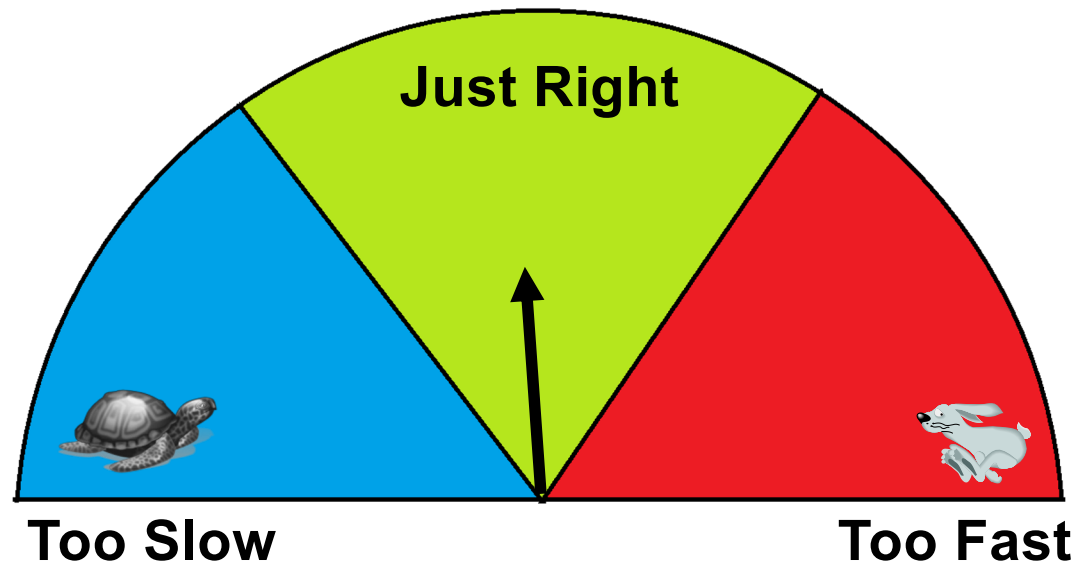
Body Awareness (Proprioception)- information received via our muscles and joints to tell us where our body is in space

Strategies for attention and concentration

This diagram is courtesy of Taylor and Trott and is taken from 'How Does Your Engine Run?® A Leader's Guide to the Alert Program for Self-Regulation (Williams & Shellenberger, 1996).



Alert Programme



(Williams & Shellenberger 1996)

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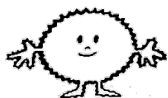
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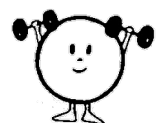
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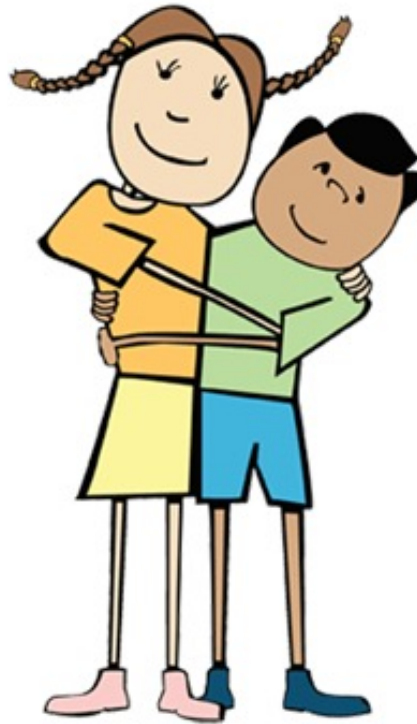
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Body Awareness (Proprioception)- information received via our muscles and joints to tell us where our body is in space

Sense	Calming	Alerting
Sight	Plain, geometric	Flashing, busy
Smell	Vanilla, lavender	Strong/pungent
Taste	Vanilla, lavender, chocolate	Spicy/sour
Hearing	Rhythmic, steady	Changing in pitch/tempo
Touch	Deep pressure	Light/tickly
Balance	Linear movement	Rotational, stop/start
Body Awareness (proprioception)	HEAVY WORK – wall pushes, gym ball, animal walks, crunchy/chewy snack	

Engine Changers



Squash



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Proprioception

(Horwood
2009, Yack et
al. 2003)

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Posture preparation



Push Palms-
Push your palms together and count to 10.



Pull up on chair-
Pull your body up on your chair and count to 10.



Pull hands-
Try and pull your cupped hands apart and count to 10.



Stack your blocks-
Put your shoulders, hips, knees and feet in a line and sit up tall.



Tight Hug-
Hug yourself tightly and count to 10.



Stretch-
Stretch your body out as much as you can.

Movement breaks

- Pushing/Pulling
- Animal walks
- Jumping games
- Theraband/ theraputty
- Fidgets
- Rhythm
- Mouth
- Errands



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Fidgets



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What does this mean in
your environment?

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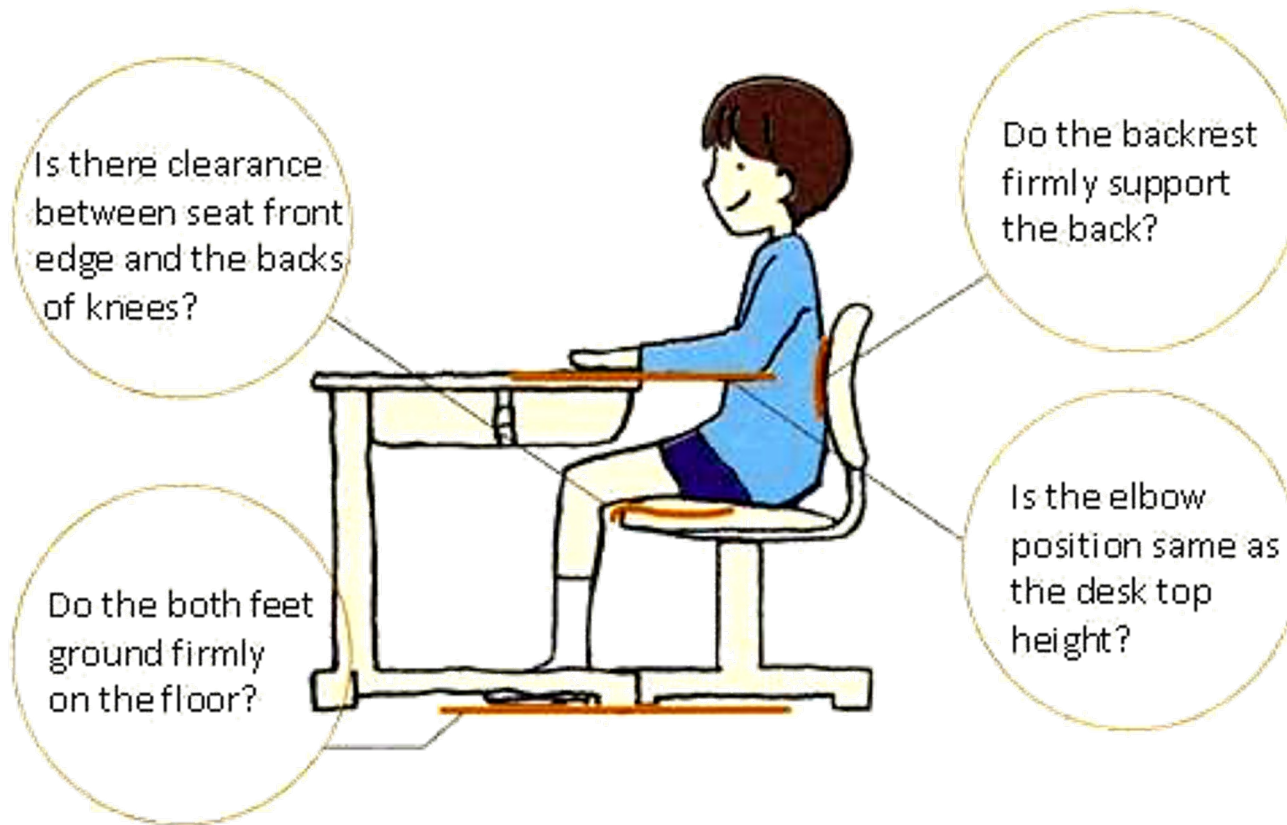
- Grading
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Posture activity

Why is good posture so important?





Questions?

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Useful reading www.growinghope.org.uk

Ayres, J. (2005) *Sensory Integration and the Child: Understanding Hidden Sensory Challenges*. Western Psychological Services: USA.

Beery, K. E. Beery, N. A. Buktenica, N. A. (2010) *Beery-Buktenica Developmental Test of Visual-Motor Integration, Sixth Edition (Beery VMI)* San Antonio, NCS Pearson

Biel, L., Peske, N. (2009) *Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Processing Issues*. London: Penguin books

Dunn, W. (2015) *The Sensory profile 2*. Bloomington, Pearson Clinical Assessment

Horwood, J. (2009) *Sensory Circuits: A Sensory Motor Skills Programme for Children*, Cheshire: LDA publishing

Miller, L.J., Anzalone, M. E., Lane, S.J. Cermak, S.A. & Osten, E.T. (2007). Concept Evolution in Sensory Integration: A Proposed Nosology for Diagnosis. *The American Journal of Occupational Therapy*, 61(2): 135-139.

Scammell, E.M., Bates, S.V., Houldin, A., Polatajko, H.J. (2016) The Cognitive Orientation to daily Occupational Performance (CO-OP): A scoping review. *Canadian Journal of Occupational Therapy*, 83(4) 216-225.

Shellenberger, S. Williams, S. (1996) *How Does Your Engine Run?® A Leader's Guide to the Alert Program for Self-Regulation*. Albuquerque: Therapy Works Inc.

Yack, E., Aquilla, P., Sutton, S. (2003) *Building bridges through sensory integration: Therapy for children with autism and other pervasive developmental disorders*. Sensory resources: USA.

The logo for Growing Hope features the word "GROWING" in a light blue, sans-serif font, with a small leaf icon integrated into the letter "G". Below it, the word "HOPE" is written in a larger, bold, light blue, sans-serif font.