

At the Baird, we teach the children to recognise their physical and emotional needs.

Here are the sensory physical needs:



We can think of 'cups of need'. How much sensory experience is enough for your child? How much is too much?

We all have different sensory input needs:

- We may be **under-responsive** - needing a lot of input to feel ok.
- We may be **over-responsive** – even a tiny amount is too much.



- We can think of this as the size cup we have for each sense before it over-flows and we become overwhelmed and upset.

When children are aware of their needs they can plan to manage when they know things may be hard.

What can they do to help them keep their cups full but not overflowing?