

Become a Sensory-Friendly Church

Touch



Over-Responsive

Too much sensory input:
avoider, hypersensitive, overload,
overwhelmed, meltdown, shutdown

- Light touch can be aversive or painful
- Provide:
 - separate entrance
 - predictable routine
 - non-touch greetings
 - uncrowded transitions
 - spacious seating
 - lap blankets
- Welcome casual clothes
- Food textures may be aversive, such as communion wafers
- Provide as much control as possible for baptism
- Allow people to opt out of lines & greeting times

Under-Responsive

Need sensory input:
seeker, delayed or dulled responses,
oblivious, underwhelmed, tuned out

- Tactile cues may be missed, such as being unaware of dirty hands
- Provide:
 - variety of textured fidgets
 - tactile learning experiences
- May seek touch:
 - high-fives
 - handshakes
 - hugs
- Tactile experiences may be calming, such as a sensory bin
- May be less aware of temperature
- Can enjoy messy activities

