

# Become a Sensory-Friendly Church

## Movement



### Over-Responsive

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

- Exaggerated sense of movement can cause fear, anxiety, and nausea
- May avoid or fear:
  - risers
  - stairs
  - curbs
  - stages
  - playgrounds
- Prone to motion sickness
- Provide: weighted items  
ramps
- Can have a neurological stress response or have gravitational insecurity with movement, if balance is challenged, or if their feet leave the ground

### Under-Responsive

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

- Lacks movement cues, so may crave movement or be unaware of movement
- Provide regular breaks to move in church, such as:
  - pass the offering plate
  - hand out Bibles
  - pass papers
  - run errands
- May lack balance
- Weighted items can be calming
- Provide alternative seating:
  - office chair
  - wiggle seat
  - kick bands
  - rocking chair
  - glider

# Become a Sensory-Friendly Church

## Body Awareness



### Over-Responsive

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

- Exaggerated sense of own body movements, which can cause fear & anxiety
- May prefer to sit still and not participate, use small movements, or move stiffly
- Provide: weighted items  
heavy pressure  
squeeze fidgets
- May have difficulty with smooth coordinated movements, such as passing the offering or communion plate

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### Under-Responsive

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

- Lacks input for good body awareness and to judge force or pressure needed
- Needs movement & heavy pressure to be grounded
- Provide: weighted items  
squeeze fidgets  
resistance/pressure  
alternative seating  
wobble seats  
kick bands
- Accidentally squeezes hard during hugs/handshakes & may break pencils or toys
- May have difficulty passing the offering or communion plate