

# Become a Sensory-Friendly Church

## Sound



### Over-Responsive

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

- Loud & unexpected sound can be painful
- Noise can cause a neurological stress response and prevent people from attending
- Keep volume consistent or warn of loud noises
- Provide noise reducing headphones in all sizes
- Provide a Calm Room & good acoustics
- Create a Quiet Section away from windows, doors, and air vents
- May make noise or listen to personal music to mask other noise

### Under-Responsive

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

- Auditory information & cues are easily missed
- Directed sound may help focus attention, such as sitting near the speaker or pulpit
- Reinforce verbal or auditory information with other senses, such as written directions or diagrams
- Provide auditory cues to focus attention, like saying their name
- May make their own noise or use personal music to fill need for auditory input

