

Become a Sensory-Friendly Church



Over-Responsive

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

- Smells can be aversive and cause nausea, illness & a neurological stress response
- Provide:
good ventilation
Fragrance Free space
Fragrance Free service
- Avoid:
perfumes & fragrances
chemical cleaners
kitchen or food odors
bathroom odors
- May avoid places/odors:
meals/restaurant/potluck
locker rooms
people's homes
camp/youth rooms

Under-Responsive

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

- Olfactory cues may be missed, such as being unaware of hazardous smells or seeking out smells inappropriately
- Allow personal scented items, such as scented lip balm to smell, a scented fidget, or a handkerchief scented with essential oil
- Scents may be calming to a person seeking olfactory input

FREE
Video Training



OvercomerMinistries.com/sfc

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Over-Responsive

Too much sensory input:
avoider, hypersensitive, overload,
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- Flavors are exaggerated and may be aversive, cause nausea & illness
- May need alternative communion choices, such as diluted juice or wine
- Unfamiliar foods, such as potluck meals and restaurants can cause anxiety or a neurological stress response
- May prefer bland food, bring their own food, or turn down meal invites

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Under-Responsive

Need sensory input:
seeker, delayed or dulled responses,
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- Flavors may be muted or dulled and may crave sensory input for the mouth, such as chewing
- Can crave strong flavors and be calmed by them, such as cinnamon, sour, spicy, and strong mint
- May blurt out, excessively talk, or chew on nonfood items like pencils or clothing. Provide safe alternatives, such as:
 - gum
 - chewy foods
 - strong flavors
 - coffee stir stick
 - chewable fidget