The Resilient Kid™ Podcast

Season 4
Episode 9

# Guest Profile



## Helene Daniels

### Sensory Profiles Inside & Outside The Classroom

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## Helene's Top 3 Tips

If the child is happy to - use special interests for engagement

Build-in movement for regulation

Raise understanding of their own sensory profile and accessibility (metacognition)

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# Neuro-Affirming Win

Here is an easy neuro-affirming win... build in more daily movement!

Lots of neurodivergent children take in more sensory information than most people.

Some are monotropic processors others are multi-sensory processors.

This means they have busier brains than non-neurodivergent children, and they need more movement to regulate this excess sensory input.

## This is such a simple win in classrooms! Here are some ideas:

- Sensory circuits
- Morning wake & shake activities
- Table drumming
- Mini daily shuffle dancing sessions
- Running an errand
- 5-minute Fidget breaks
- Normalise Stimming
- Allow typing and accessibility apps
- Respect eye contact

Share this with a teacher or a school and let's work together to be more neurodiversity-affirming.