

# The In-Sync Child

## Fun and Functional Sensory-Motor Activities



The PLAY Project's Advanced Conference:  
"Expanding Possibilities" ~ May 4, 2022

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[www.out-of-sync-child.com](http://www.out-of-sync-child.com)

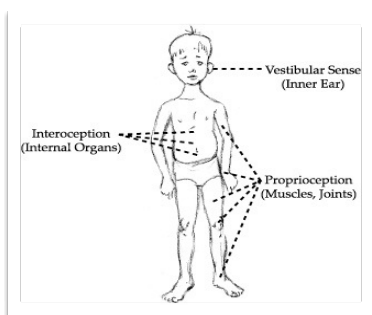
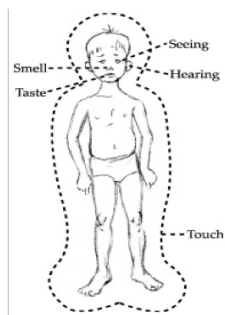
## The "Too Much" Kid



In nervous system, difficulty interpreting and managing:

- How things feel on skin
- How gravity affects balance and movement
- Where head and body are in space
- What body parts do (or don't do)
- How "to be" with other people

## Eight Senses



Think: *Skin... Inner Ear... Muscles and Joints.*  
Think: *How child responds to touch & movement.*

## Three Basic Functions of Sensory Processing & Integration

- Sensory modulation — for self-protection and survival
- Sensory discrimination — for learning about our bodies and our environment
- Sensory-based posture and movement — for participating in daily life (*Praxis*)



## Sensory Processing Differences (SPD)

Ordinary sensory experiences cause atypical **reactions** in the **brain** that cause atypical **responses** in the **body**, affecting relationships, work and play.

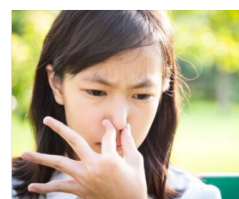


BEHAVIOR  
MEANS  
SOMETHING!



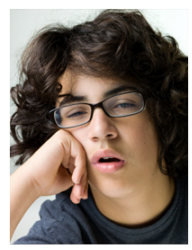
## Sensory Modulation: Over-responsivity — "Oh, no!"

- "Sensory avoider"
  - fearful and cautious
  - or negative and defiant
- Quick, intense "fight or flight" response to harmless sensations
- Most emotionally laden



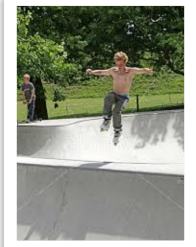
## Sensory Modulation: Sensory Underresponsivity - “Wait, what?”

- “Sensory straggler”: self-absorbed, inattentive, disengaged
- Sluggish responses to ordinary sensations; lost; loose and floppy
- Limited perception of pain; poor self-protection; may bite self or hurt others
- *Intense sensory input* needed to get in gear



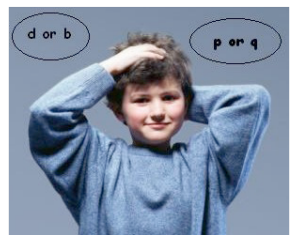
## Sensory Modulation: Craving — “More, more!”

- “Sensory craver,” “bumper & crasher”
- Constant response to every novel stimulus
- Constant search for higher, faster, louder! Never “filled up”
- Impulsive, dare-devilish behavior and tendency to get into trouble



## Sensory Discrimination Issues — “What does that mean?”

- “Sensory jumbler”
- Difficulty differentiating among and between stimuli
- May affect one or several senses



## Sensory-Based Motor Challenges: Postural Issues — “Don’t want to”

- “Sensory slumper”
- Difficulty with:
  - ★ Movement
  - ★ Stabilizing body while moving or resting
  - ★ Bilateral coordination, balance, and crossing the midline
- May involve fatigue, slumping, overflow, and associated movements



## Sensory-Based Motor Challenges: Dyspraxia — “I can’t do that”

- “Sensory fumbler”
- Dysfunction in praxis → poor *ideation*, *motor planning*, and/or *execution* of new motor action
- Difficulty with fine-motor, gross-motor, oral-motor output
- Clumsy, inflexible, inactive behavior
- Preference for familiar rather than novel



## Therapy for SPD: OT-SI



At [www.sensoryhealth.org](http://www.sensoryhealth.org), learn about Occupational Therapy using a Sensory Integration framework (OT-SI) to improve:

- Self-regulation and adaptive responses
- Attention
- Social participation and communication
- Sensory-motor abilities and motor coordination
- Self-esteem

## Wearing Sensory Spectacles...



- 1) What sensations does the child avoid?  
(Unexpected touch or movement, T-shirt tags, lumpy mashed potatoes, sirens, buzzing lights...)
- 2) What sensations does the child actively seek?  
(Swinging, jumping, fidgeting, chewing...)
- 3) What sensations calm and organize the child?  
(Jogging, hugging, time in tub or tight spaces ...)

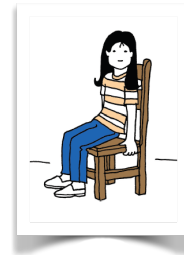
## Kids Gotta Move!



### Using their own bodies



Rise and Shine

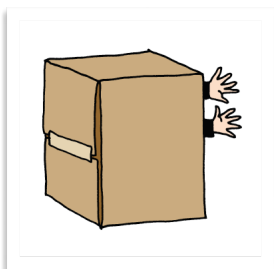


Levitation



Floppy Noodle

## Using Affordances

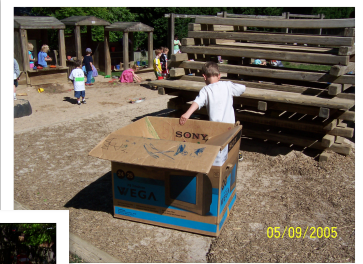


Where Am I?

Qualities of an object or an environment that allow a person to perform an action.

Thus, a carton is get-into-able...

... as well as pushable, loadable, pullable, etc.



## Rope, Stretchy Band, Hoop, Plates



Alternatives

## What Helps? Using Rope



Get Snaky



From *The In-Sync Child Method* webinars



- Give each child a rope section. Say, "This is your friendly snake. Put it on your shoulder and say hello. Now put it on your other shoulder."
- Say, "Show me your way to stretch your snake..."

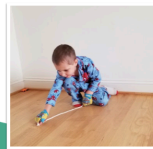


- Over your head
- Next to you going up and down
- Under one knee
- On your other side
- Behind your back
- Diagonally

- "Show me how to balance your snake on your":

- Knee
- Wrist
- Head
- Foot

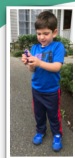
- Say, "Put your snake on the ground in a straight line. Show me how you can ..."



- Jump over your snake
- Jump backward over your snake
- Walk on your snake



## Variations



- Say, "Show me your way to make Snaky into a circle/squiggle/triangle."



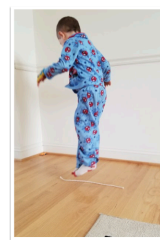
- Ask children to squeeze their snakes in their hands, then drop their snakes. Say, "Can you make your body look like your snake?"

- Have kids work together to put their ropes into one long line.

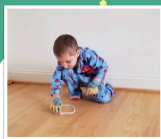


## Develops and Enhances

- Body awareness
- Proprioception
- Bilateral coordination
- Spatial awareness
- Visual processing



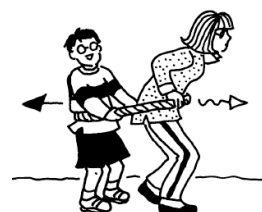
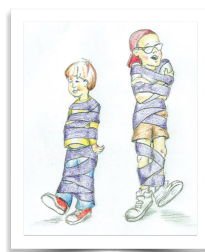
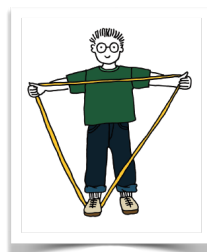
## What to Look For



- Children are able to follow your directions.
- Children are able to balance.
- Children are able to manipulate the rope.



## What Helps? Using Stretchy Things



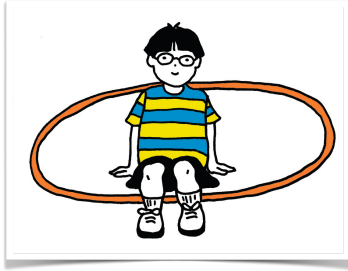
Shape Stretch

Mummy Wrap

Bus Driver



## What Helps? Using a Hoop



Hoopy Day

## What Helps? Using a Paper Plate



Plate on Shoe, Do, Do

## What Helps?



Tap with hands or a rolled-up paper plate.

Or stomp or jump with feet.

Or make mouth sounds.

Repeat My Beat

## What Helps?



Active, 3-D games like Jumpland



Not computer games!

## What Helps?



Paper Plate Dance



## Carol's Books



Available at [amazon.com](https://www.amazon.com), [Barnes&noble.com](https://www.barnesandnoble.com), and [sensoryworld.com](https://www.sensoryworld.com)

## More Handouts

*Primer: What are Sensory Processing Differences?*

[https://playproject.org/wp-content/uploads/2022/04/WhatAreSensoryProDifferences\\_-A-Primer-2022.pdf](https://playproject.org/wp-content/uploads/2022/04/WhatAreSensoryProDifferences_-A-Primer-2022.pdf)

*5 “In-Sync Child” Activities: Movement Experiences That Last a Lifetime*

[https://playproject.org/wp-content/uploads/2022/04/gift\\_resource-INSTRUCTIONS-five-ISC-activities-April-2022.pdf](https://playproject.org/wp-content/uploads/2022/04/gift_resource-INSTRUCTIONS-five-ISC-activities-April-2022.pdf)

*Stretch Your Child’s Passions Using Sensory Activities*

<https://playproject.org/wp-content/uploads/2022/04/StretchYourChildsPassionsUsingSensoryActivities-2022.pdf>

*Out and About with the Out-of-Sync Child: FUNctional Strategies to Help Kids Stay Regulated Before, During and After an Outing*

<https://playproject.org/wp-content/uploads/2022/04/OutAndAboutWithTheOoSC.FUNctional-Strategies-2022.pdf>