

proprioception

also known as 'body awareness'



hyposensitive

decreased arousal, undersensitivity

e.g.

Stands too close to others

Little awareness of needing toilet/hunger/pain/cold

Difficulty navigating - bumps into people and things

Preference for deep pressure

Poor muscle tone

hypersensitive

increased arousal, oversensitivity

e.g.

Dislikes close proximity of others

Has difficulty with fine motor skills and manipulating small objects

Moves whole body to look at objects

This #GoodAutismPractice bite-sized learning resource is an extract of Tool 40 of the AET Tools for Teachers, a comprehensive collection of practical strategies and tools designed to support classroom success. You can access the original resource by clicking [here](#).