

# Sensory Escape

Where do you go and what do you do when presented with uncomfortable sensory information? Are your reactions appropriate? What do you do to stay in control? In the following chart, list sensory experiences that are troublesome. Write your typical response, positive or negative. Then brainstorm another, healthier approach to dealing with the sensory input in the future.

Sensory Experience	Typical Reaction	Alternative Approach
<p>Example: Peers coughing or making noises when trying to complete work.</p>	<p>Example: Tell them to stop making noise, get frustrated and not complete work.</p>	<p>Example: Use headphones, ask to sit in another area in the room.</p>