

Sensory Differences

People on the Autism Spectrum are often hypersensitive to:

- ◆ Buzzing or flickering lights
- ◆ Sudden Noises
- ◆ Several voices speaking
- ◆ Music-Noise-Sound
- ◆ Textures
- ◆ Lines or seams in clothing or seats
- ◆ Light touches
- ◆ Changes in light levels

Allowing them to choose seating and having a "quiet place*" available will help.

*Generally a space that is physically separated, turned away from but in sight/earshot of the group is best.

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