



Sense-O-Meter Introduction Sheet

Being an explorer is fun, but sometimes the world can be **perplexing**! When we pay attention to our feelings we notice that we feel different things throughout the day. We also notice that the activities we participate in make us feel different things. Having a lot of different emotions can be confusing.

Since feelings can be hard to describe, every **Sensory Explorer** needs a **Sense-O-Meter** to help them understand their body! The **Sense-O-Meter** is a tool we can see that helps us figure out how our bodies and minds are feeling *and* it helps us tell other people how we are feeling so they can understand what we are experiencing.

The sense-o-meter goes in two different directions - up and down. There is a **center** on the Sense-O-Meter. **Center** is when we feel like our best self - calm, cool, and collected. **Center** is where we need to be most of the day to be a good friend and student, and to help us feel proud and confident.

Sometimes during the day we might feel **up**. We may be silly, excited, or nervous. These are **up feelings**. Our bodies give us **clues** that we are having up feelings.

Some up feeling clues might be:

- Talking a lot and really fast
- Moving around a lot
- Laughing a lot
- Eating way too much
- Not being able to stay in your seats

These up feelings can be a lot of fun, but if we keep going up, up, up we can start to be **out of control**. Being **out of control** looks like not following directions, yelling, being mean, hitting a friend or teacher, banging into a wall, or falling to the ground on purpose.

When go so far up that we are **out of control**, we need to use an activity to help us get back to center. **Center** is where we need to be most of the day to be a good friend and student, and to help us feel proud and confident about ourselves.

Other times during the day we might feel down. We may be sad, sick, tired, or unhappy. These are **down feelings**. Our bodies give us clues that we are having down feelings.

Some down feeling clues might be:

- Putting your head down on your desk
- Not participating in activities
- Crying
- Being more quiet than usual

These feelings can be uncomfortable to feel, and sometimes we want to do anything we can not to feel this way. When we keep going down the sense-o-meter, we go so far down that we are out of control. We may yell, cry a lot, completely stop trying to participate, or be mean to friends.

Once you know more about your feelings and how different activities make you feel, you can start to figure out which activities help you get to and stay at center.

Try your best to be a curious explorer and notice how your body and mind feels throughout the day! Use your sense-o-meter to help you figure out how you feel, and to figure out what activities help you get to center.

Happy Exploring!



Sensory Explorer Terms and vocabulary

Perplexing: When something is complicated or confusing.

Curiosity: A strong desire to learn or know something and asking questions and noticing things to learn more.

Sensory Explorer: A child or adult who is curious about activities and how they make you feel.

Sense-O-Meter: A visual tool that helps you know how your body feels, and helps you tell others how you feel.

Center: When we feel like our best selves, calm, cool and collected.

Up Feelings: Feelings that make us feel excited, jittery, anxious, fast.

Down Feelings: Feelings that make us feel sad, slow, bored.

Out of Control: When we are no longer noticing what we are feeling. When we do or say things we don't mean but our up or down feelings are so high or low they take over.

Body Clues: Things our bodies do or feel that let us know when we are having up feelings, down feelings, or are at center

Self-Regulation: When we are able to observe how we are feeling, why we are feeling that way, and can use activities to help us get back to center.