Sensory Differences

An Easy Read guide

This is an Easy Read document. It uses simple words and pictures.

What are sensory differences?

	Some people feel sounds, light, or touch more strongly. Some people feel them less strongly.

Too much can feel like

	Loud noise can hurt or feel too much.
	Bright light can feel too much.
	Some textures can feel too much.

Too little can look like

	Wanting lots of movement or spinning.
	Not noticing pain, cold, or hunger.

How to help

	Make a calm, quiet space.
	Offer tools that help, like ear defenders.