

Sensory Meltdown Iceberg

WHAT PEOPLE SEE

hitting
aggression
hyperactive
crying
stimming
covering ears
kicking
running away
anger
outburst
rocking
biting
shutting down
avoiding

changes in routine
lack of sleep
stress
sensory overload
didn't eat
anxiety
can't express thoughts
seeking sensory input
dysregulated
can't express feelings
excessive demands
sensory avoiding

BELOW THE SURFACE

Consider these questions:

- What sensory symptoms/behaviors/signs are you seeing?
- What sensory system(s) might be involved?
- What strategies can we use to support those underlying sensory needs?
- What might be hidden below the surface?
- What words or language do they need to communicate those needs effectively?
- How might these needs impact their emotional well-being based on how they are feeling?

