

# IS IT SENSORY OR BEHAVIOR?

A letter for your child's  
teacher.

This letter is designed to help facilitate a deeper understanding of the needs and behaviors your child may demonstrate at school. This letter is intended to be filled in by you (or in collaboration with your kiddo depending on age).

It allows the teacher to have a clear understanding with specific examples of how your child's sensory may present itself in comparison to typical age appropriate misbehavior.

# BEHAVIOR OR SENSORY

## To My Teacher:

I am hoping this letter and outline helps you understand a bit more about the difference between my sensory needs and regular age appropriate (mis)behaving.

Together with my parents we have created this for you!

### Sensory:

I may be experiencing need for sensory input or sensory over-stimulation when you see me doing these types of things

---

---

---

---

### Behavior:

I am showing you behavior/disobedience when you see these things

---

---

---

A few questions to ask me or consider before making the determination are

1. Do I seem to be in control of my actions? If yes, I am likely misbehaving, if no it is likely sensory
2. Am I willing to negotiate? If yes than it is likely a tantrum, if no it is likely sensory
3. Does my distraction activity seem random? If yes then it is like distraction, if no it is likely a sensory need not being met.

**Here's To A Great Year!**