

Sensory Cup(s)/Bucket(s)



'Sensory Overview – Cup Analogy' video:

<https://www.youtube.com/watch?v=ZmAgTzFJW0Q&t=291s>

What is Sensory Processing? Do you have a big or little cup?

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What is Sensory Processing? I have adopted the cup analogy (a child's view of sensory processing) to help explain sensory processing. We have 7 senses, vision, hearing, touch, smell, taste, and 2 movement senses: proprioception and vestibular. We all have cups that hold or collect our sensory input. You can have a big cup or a little cup for sensory information. If you have a big cup it takes a lot of sensory input to fill your cup. If you have a little cup it doesn't take much sensory input and your cup is full or overflowing. You can have a big cup for some senses and a little cup for others.

