



WHAT ARE SENSORY MOTOR SKILLS?

@ToolsToGrowOT.com

SENSORY PROCESSING: Refers to the way a person's nervous system receives sensory messages and turns them into responses. These senses include sight (vision), sound (auditory), touch (tactile), taste (gustatory), body position (proprioception) and movement (vestibular). Most people receive and organize these messages effortlessly into adaptive physiological and behavioral responses.

>>> MOTOR PLANNING: is the ability to conceive, organize, sequence and execute an unfamiliar and complex body movement in a coordinated manner.

- **ACADEMIC IMPACT:** Intact motor planning is necessary for managing and manipulating school tools and materials such as books (opening & turning pages), organizing supplies (keeping writing tools handy), completing projects (cutting, folding, glue use).

>>> BODY AWARENESS: is the internal sense that tells you where your body parts are without needing to look at them.

- **ACADEMIC IMPACT:** Without proper body awareness a child might slide off a classroom chair, press too light or too hard with a pencil, stumble on the stairs, and frequently fall when running.

>>> TACTILE DISCRIMINATION: is what affords a child the ability to perform all types of routine fine motor tasks without the need to watch what their fingers are doing. Without the use of ongoing visual monitoring, as a child matures he should be able to accomplish everyday tasks such as shoe tying, buckling a belt, snapping, zipping, and finding coins in their pocket.

- **ACADEMIC IMPACT:** Even with the use of vision, children with poor tactile discrimination often have difficulty with tasks such as using writing tools, turning pages, and manipulating erasers.

>>> AUDITORY DISCRIMINATION: is the ability to recognize differences between sounds and words.

- **ACADEMIC IMPACT:** Auditory discrimination is very important for both language and reading skill development.