



**SENSORY INTEGRATION EXPLAINED QUIZ**

	Questions
1	Sensory Discrimination is defined by under-responsiveness and over-responsiveness
	<ul style="list-style-type: none"> <li>a. True</li> <li>b. False</li> </ul>
2	Is a pre-schooler who is crying non-stop after a trip to a busy shopping mall without apparent reason
	<ul style="list-style-type: none"> <li>a. Naughty</li> <li>b. In sensory overload</li> <li>c. Deliberately irritating his/her parents</li> </ul>
3	Sensory Integration development is described in two parts
	<ul style="list-style-type: none"> <li>a. Sensory modulation and sensory discrimination leading to refined skill</li> <li>b. Sensory happiness and sensory distress</li> <li>c. Sensory over-load and sensory under-responsiveness</li> </ul>
4	Sensory Overload includes fight, flight, fright and freeze
	<ul style="list-style-type: none"> <li>a. True</li> <li>b. False</li> </ul>
5	Winnie the Pooh, as a character who experiences stress but always seems to find a strategy or ask for appropriate help, activity level is
	<ul style="list-style-type: none"> <li>a. Just right</li> <li>b. Too high</li> <li>c. Too low</li> </ul>
6	Two children are observed – both are very active in the classroom. Child 1 moves or gets up and sharpens his pencil and then gets his work done. Child 2 moves and keeps on and never seems to complete tasks effectively
	<ul style="list-style-type: none"> <li>a. Child 1 is most likely a sensory seeker and Child 2 will most likely be diagnosed with ADHD if further investigation is done</li> <li>b. They are both naughty and need more discipline</li> <li>c. They are both low registrations moving in order to get focused</li> </ul>
7	A child/adult who seeks lots of feedback/ stimuli to hit the just right zone and who performs exceptionally well under pressure might have a sensory profile named:
	<ul style="list-style-type: none"> <li>a. Movement seeker</li> <li>b. Sensory avoider</li> <li>c. Low registration</li> </ul>
8	When humans go into flight/fight/freeze mode they have access to optimal reasoning and planning skills
	<ul style="list-style-type: none"> <li>a. True</li> <li>b. False</li> </ul>
9	Visual Perception is how accurately I interpret what I hear
	<ul style="list-style-type: none"> <li>a. True</li> <li>b. False</li> </ul>
10	_____ is the best medicine for a group of children/ adults with different sensory needs, in order to get them to attend optimally
	<ul style="list-style-type: none"> <li>a. Singing</li> <li>b. Touching</li> <li>c. Moving</li> </ul>
11	To get a child's attention you can start speaking in a
	<ul style="list-style-type: none"> <li>a. Loud, angry voice</li> <li>b. Whisper</li> </ul>

	c. Shout at them
12	To calm high energies in the classroom you can provide
	<ul style="list-style-type: none"> <li>a. Low Level Lighting</li> <li>b. Hinding space (tent)</li> <li>c. Soft slow voice</li> <li>d. All of the above</li> </ul>
13	Children can perform best in a
	<ul style="list-style-type: none"> <li>a. Predicatable environment</li> <li>b. Noisy environment</li> <li>c. Unpredicatable environment</li> </ul>
14	Rhythmical vestibular input is calming
	<ul style="list-style-type: none"> <li>a. True</li> <li>b. False</li> </ul>
15	A movement seeker, a dormant child and a sensitive child could benefit standing in line in the following order
	<ul style="list-style-type: none"> <li>a. Middle, back, front.</li> <li>b. Middle, front, back</li> <li>c. Front, middle, back</li> </ul>
16	The classroom environment is too noisy. You can offer a _____
	<ul style="list-style-type: none"> <li>a. Punishment</li> <li>b. Chocolate to keep them quiet</li> <li>c. Five minute whisper break</li> <li>d. Use area rugs to reduce noise levels</li> <li>e. C and D</li> </ul>
17	Choose the correct TWO options: Alerting activities include:
	<ul style="list-style-type: none"> <li>a. Dim light</li> <li>b. Move and speak briskly</li> <li>c. Play slow and soft music</li> <li>d. Cool water on hands and face</li> </ul>
18	After giving instructions to children or adults, we could offer ____ seconds processing time
	<ul style="list-style-type: none"> <li>a. 10</li> <li>b. 2</li> <li>c. 8</li> <li>d. 6</li> </ul>
19	When do we investigate sensory dysfunction? If it interferes with
	<ul style="list-style-type: none"> <li>a. Learning</li> <li>b. Socialising</li> <li>c. Independence</li> <li>d. Quality of family time</li> <li>e. All of the above</li> </ul>
20	Who should practice and learn to access the just right zone at will, in order to enable children to learn to self-regulation strategies
	<ul style="list-style-type: none"> <li>a. Adults</li> <li>b. Peers</li> <li>c. Siblings</li> <li>d. The Child</li> </ul>