

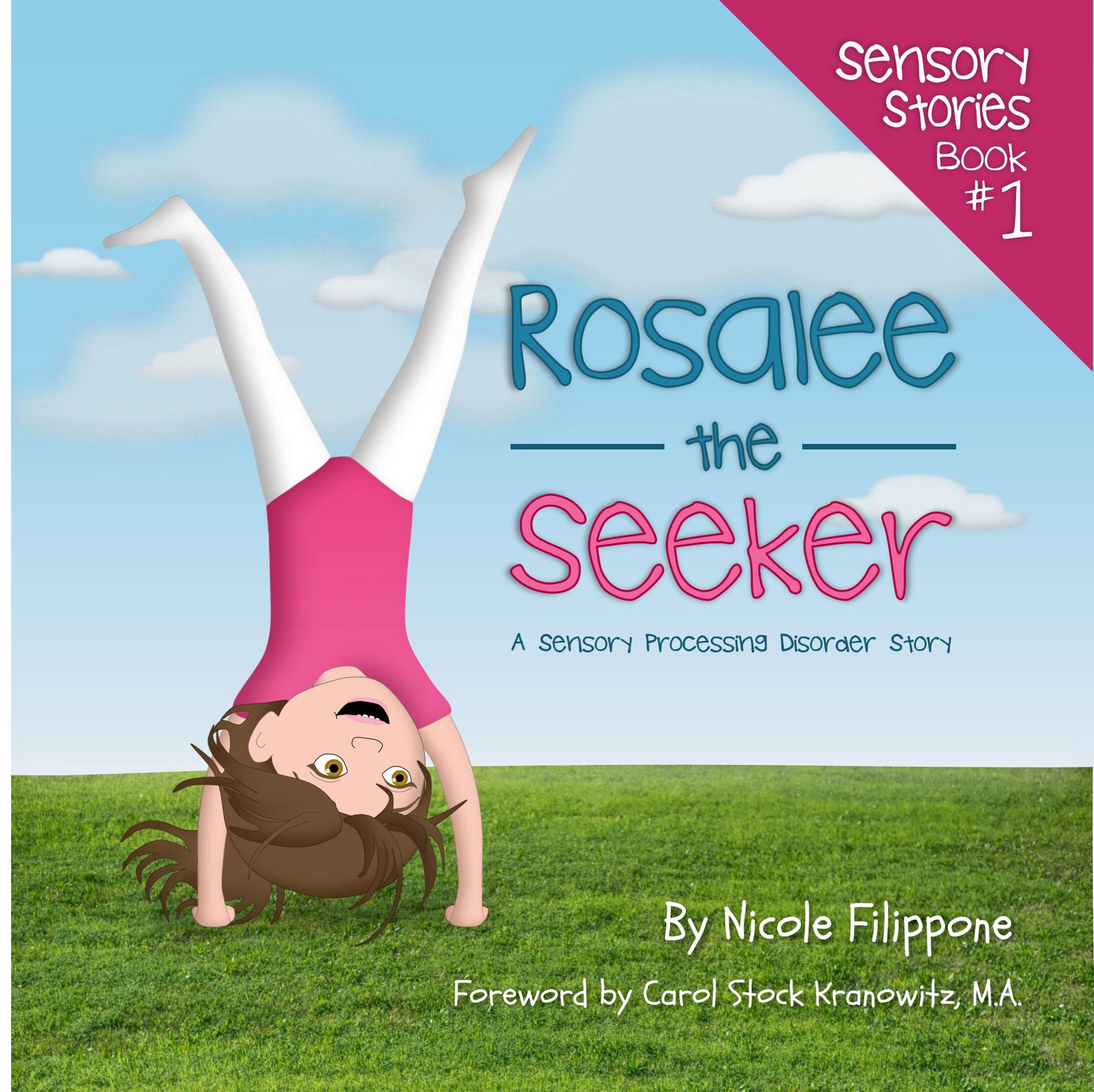
Sensory  
Stories  
Book  
#1

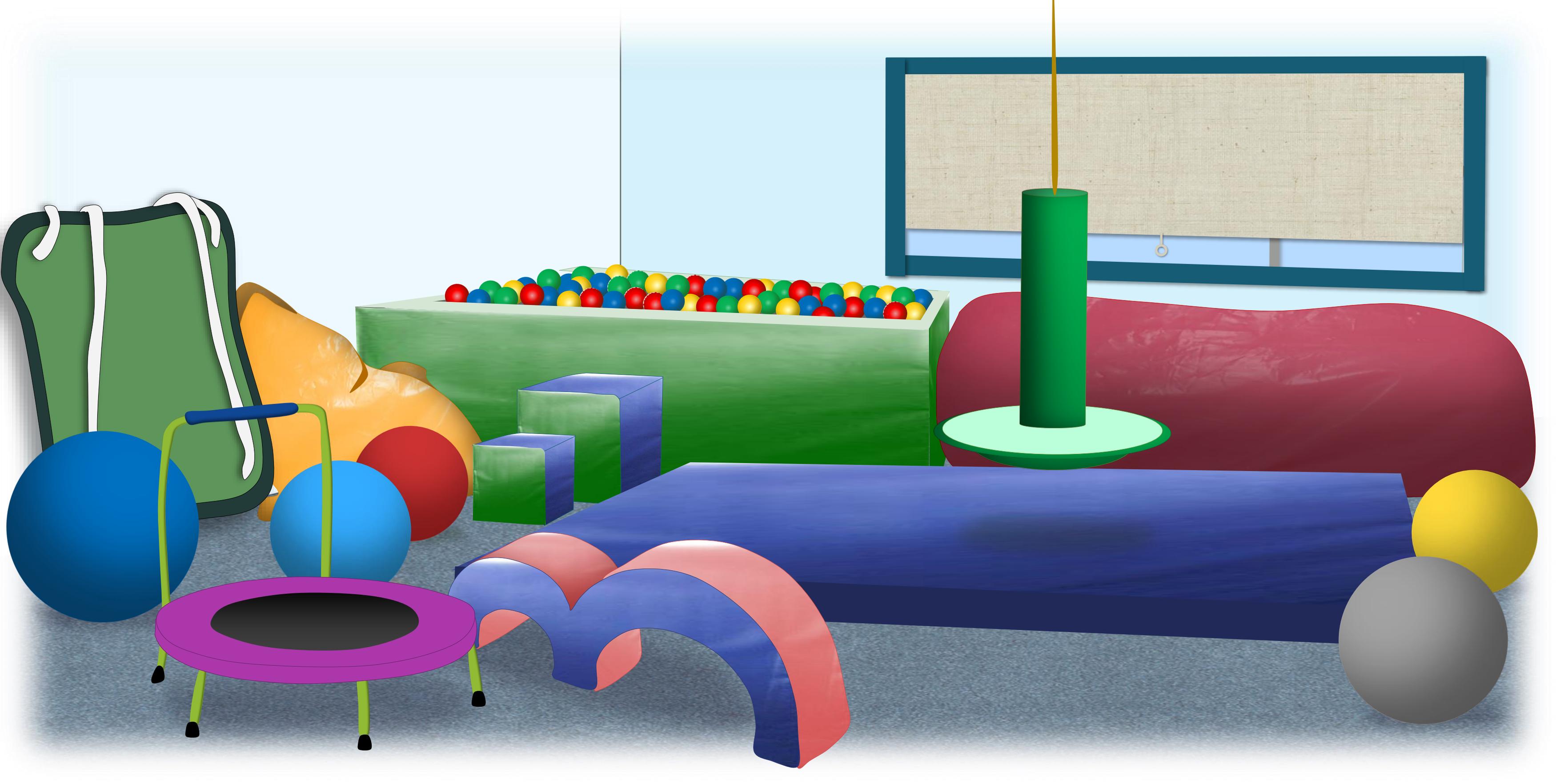
# Rosalee — the — SEEKER

A Sensory Processing Disorder Story

By Nicole Filippone

Foreword by Carol Stock Kranowitz, M.A.





# Foreword

Every kid, all over the world, wants to learn and play and create things. Every kid knows that pleasing the grown-ups is a good idea, and getting scolded is not.

What does it feel like when an imaginative, able and resourceful little girl like Rosalee makes everyone angry when her scissors cut things they shouldn't cut, and her jumps and leaps knock over her brother? She feels bad. But she never does anything bad on purpose.

Rosalee is good. In fact, Rosalee is great! Her ideas for fun things to do are healthy and wonderful. Her problem is that her body does not always cooperate with the ideas she plans in her head. She has difficulty managing where her body is and how much energy to put into her actions.

This charming story explains Rosalee's sensory processing challenges — especially with the sense of her body parts and body position and her ability to carry out her movement plans. Boys and girls who stumble now and then will appreciate how Rosalee's grown-ups help her get “in sync.”

Carol Stock Kranowitz, M.A.

Author: *The Out-of-Sync Child*, *The Goodenoughs Get In Sync*, and other books about Sensory Processing Disorder



---

I dedicate this book to my  
three amazing children and my  
equally amazing husband.

Giuseppe, James, Felicity,  
Cecily, you guys are the  
lights of my life. <3

---

THIS BOOK BELONGS TO:

---

©2020 Nicole Filippone. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form by any means electronic, mechanical, or photocopying, recording or otherwise without the permission of the author.

For more information on this book or to schedule an author visit, please email:

[Nicolefilipponeauthor@gmail.com](mailto:Nicolefilipponeauthor@gmail.com)



# Rosalee

---

the

---

# SEEKER

A Sensory Processing Disorder Story

By Nicole Filippone

Rosalee was a little girl with a **BIG** imagination.

Every day, she would wake up and run *straight* to her coloring table.

She would draw everything from princesses to monsters.

But she especially loved drawing princesses!



Sometimes she would draw on the walls, too.



But, "not on purpose!"

Rosalee also **LOVED** to experiment.

She would cut paper into all sorts of interesting shapes.

Then, she would tape them together and turn them into some really amazing things.



Sometimes she would cut things she wasn't supposed to cut.



But, "not on purpose!"

Rosalee also loved to play with her food.  
She would bite her toast into shapes and  
turn her chicken nuggets into sculptures.



Sometimes she would make a bit of a mess...

But, "not on purpose!"

Rosalee also loved to sing.



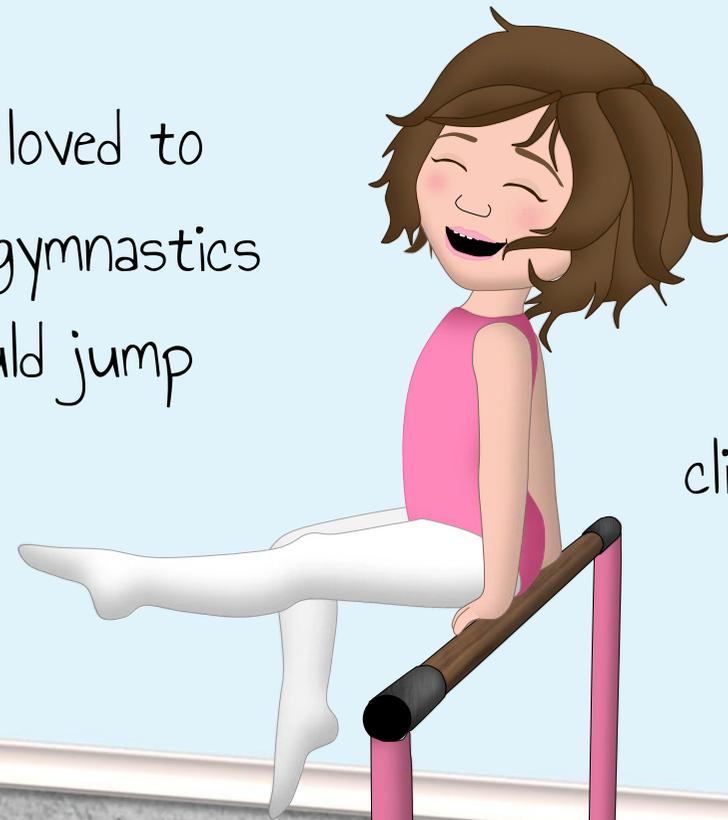
Sometimes she would sing too loudly and keep her sister up...



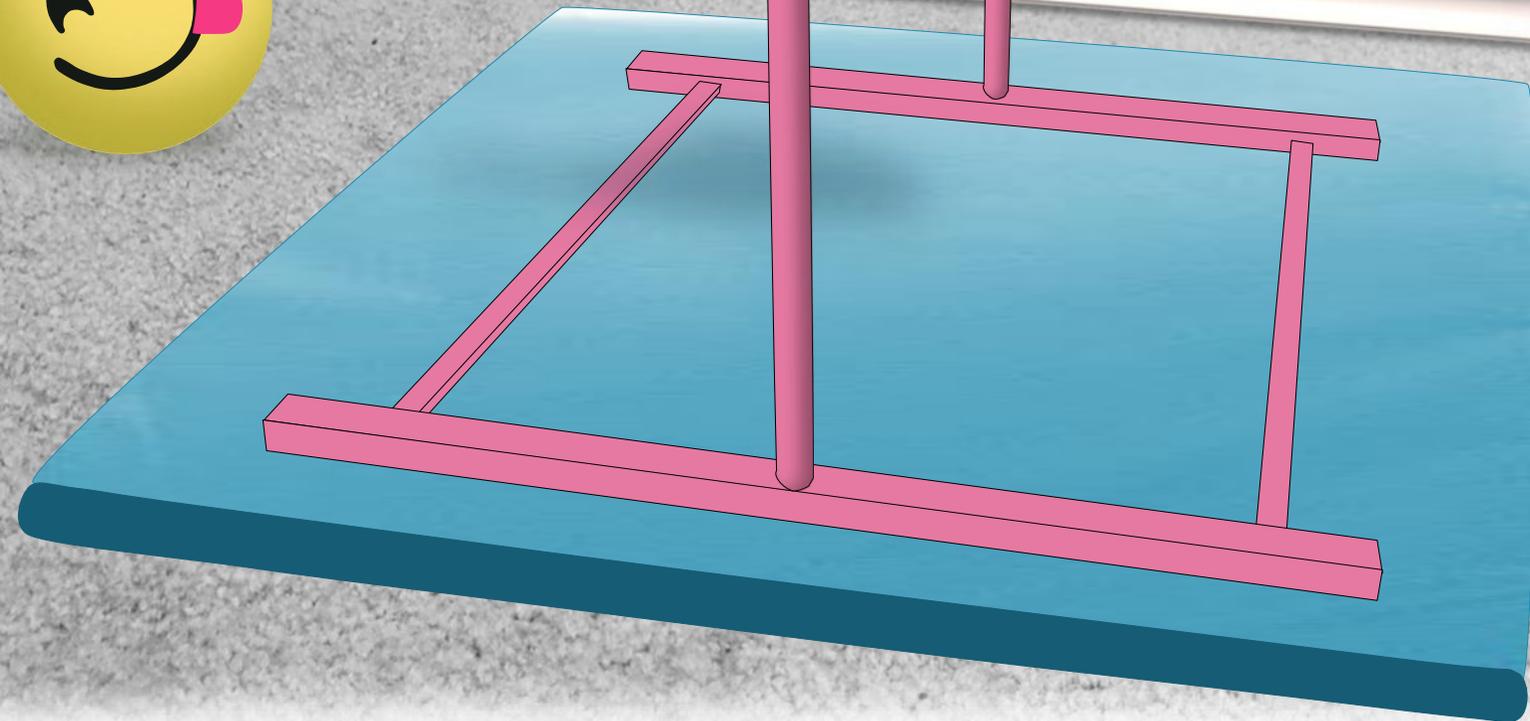
She would sing every night!  
She would hum... "la la la..."  
and make up words that no  
one had ever heard of before.

But, "not on purpose!"

Rosalee also loved to play on her gymnastics bar. She would jump and swing...



climb and spin...



Sometimes she would bang into her brother or sister.



But, "not on purpose!"

Rosalee was a little girl with a BIG spirit...



and an even BIGGER heart.

She would do a lot of things that *she didn't mean to do*...



and she would ALWAYS try her *best* to apologize.

Rosalee wanted to do everything on her own.

She didn't need help getting dressed in the morning...



or brushing her teeth at night...



But she did need a little help learning  
where to put her body and how not  
to have so many accidents...

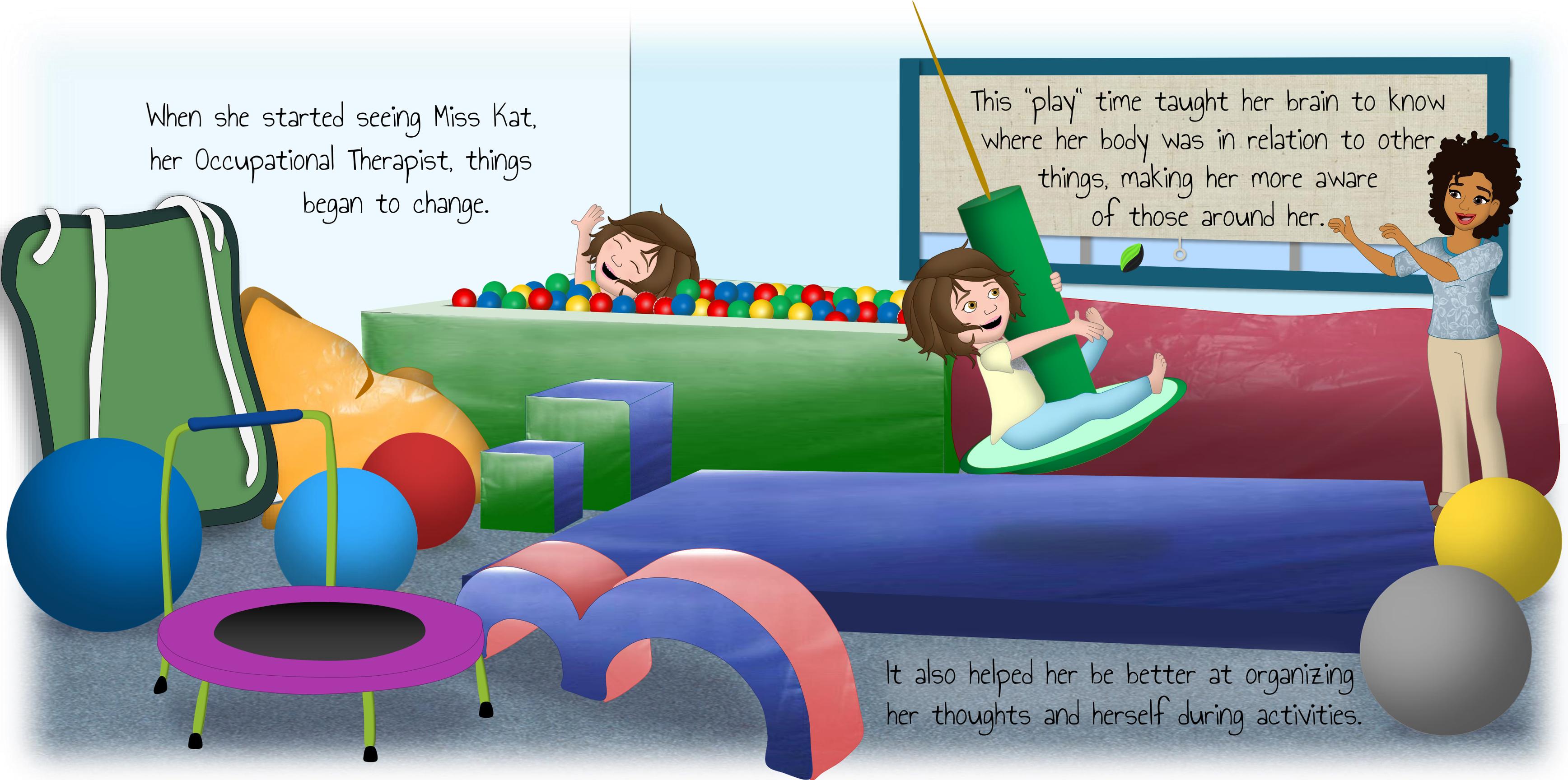


how to organize herself and her things...



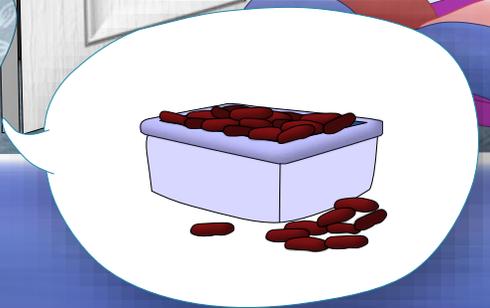
and how to give her body all of the  
sensory experiences it needed.

When she started seeing Miss Kat,  
her Occupational Therapist, things  
began to change.



It also helped her be better at organizing  
her thoughts and herself during activities.

Miss Kat also taught Rosalee's  
mommy and daddy some important  
things. She told them about  
sensory diets...



and sensory bins...

about weighted blankets...  
and body socks...



And she gave them lots of suggestions for ways they could support Rosalee at home.



Rosalee is still a little girl with a BIG spirit and an even BIGGER heart.

She still has accidents and still ALWAYS tries her *best* to apologize.

But now, she's a little girl who **knows** she has SPD, who is getting all of the things her body needs...

and that has made ALL the difference.



# SENSORY DIET CHEAT SHEET

## Proprioceptive

This is one of our movement senses and contributes to coordination and body awareness. Example

Proprioceptive activities are:

- Crawling on hands and knees
- Stomping/Jumping
- Playing inside a body sock

## Tactile

This involves the sense of touch. Children who constantly touch and fidget may benefit from the following:

- Deep pressure on skin (e.g. weighted blanket)
- Fidget tools
- Sensory bins

## Visual

Children who require more visual input may look closely at objects, seek out moving/spinning objects, and have difficulty focusing on visual information. These children may benefit from:

- Toys that light up
- Toys with moving parts
- Flashlight play

## Vestibular

This is our other movement sense and is related to balance and how our inner ear helps us perceive our head moving in space. Example Vestibular activities are:

- Bouncing
- Rocking
- Swaying
- Swinging

## Auditory

Children who are constantly humming, yelling, or making other noises may benefit from the following:

- Listening to music
- Playing instruments
- Playing with toys that make noise

# SENSORY BIN CHEAT SHEET

## 18 months – 2.5 years (edible items)

- Cooked spaghetti
- Corn Meal
- Dry Cereal (e.g. Cheerios)
- Flour
- Ice Cubes (crushed)
- Jell-O
- Pudding
- Rice (cooked)
- Water
- Whipped Cream

## \*2.5 years and up (NON-edible items)

- Dried Beans
- Dried Chick Peas
- Dried Pasta
- Ice Cubes (whole)
- Mud
- Play Dough
- Pom Pom Balls
- Rice (uncooked)
- Shaving Cream
- Shredded Paper
- Slime

Always supervise sensory bins and use good judgment!

\*Some children may not be ready for non-edible items until an older age.

# SENSORY SEEKING CHECKLIST

- Has a **constant** need to touch people or textures, even when it's not socially acceptable
- Doesn't understand personal space even when kids the same age are able to understand it
- Has an **extremely high** tolerance for pain
- Doesn't understand their own strength
- Is **extremely** fidgety and unable to sit still
- Frequently/purposely** bumps/crashes into things
- Deep pressure helps calm them (e.g. bear hugs)
- Craves** fast, spinning and/or **intense** movement
- Frequently** jumps on couches/beds, and other furniture

## NOTES

---

---

---

---

---

---

---

---

---

---

This is not an exhaustive list of seeking behaviors. Additionally, many children with SPD demonstrate a mix of seeking and avoiding behaviors. Use this checklist as a resource when speaking with your child's physician or a Sensory Integration specialist.

# SENSORY AVOIDING CHECKLIST

- Does not like being hugged or kissed, even by family; Becomes **upset**, or **anxious** with light and unexpected touch
- Is **startled/frightened** by unexpected sounds and bright lights
- Hears background noises that **others don't notice**
- Overreacts** to being bumped or touched by other kids while playing
- Refuses** to wear scratchy, tight, or otherwise "uncomfortable" clothes; **extremely** bothered by tags
- Refuses** to eat certain foods because of their smell or texture
- Avoids crowds and **strongly prefers** quieter places

## NOTES

---

---

---

---

---

---

---

---

---

---

This is not an exhaustive list of avoiding behaviors. Additionally, many children with SPD demonstrate a mix of seeking and avoiding behaviors. Use this checklist as a resource when speaking with your child's physician or a Sensory Integration specialist.

# Glossary of Terms

**Sensory Processing Disorder (SPD)** — Sensory processing (or sensory integration) refers to the way the nervous system receives messages from the senses and turns them into responses. For those with SPD, **sensory information goes into the brain but does not get organized into appropriate responses**, and in some cases, the sensory information is not recognized at all. Those with SPD perceive and/or respond to sensory information differently than the average person. Unlike people who have impaired sight or hearing, when those with SPD do detect the sensory information, it often gets “mixed up” in their brain and therefore their responses may be disruptive and seem inappropriate to those around them.

**Sensory Seeker** — Most sensory seekers are undersensitive to sensory inputs (this may be referred to as “hyposensitivity”) and have an unusually high threshold for recognizing inputs. They often look for stronger sensory inputs and even crave **more intense sensory inputs**. Kids who sensory seek may look clumsy, be a little too loud, or seem to have “behavior issues.”

**Sensory Avoider** — Most sensory avoiders are oversensitive (this may be referred to as “hypersensitivity”) and have an unusually low threshold for sensory inputs. They experience sensory inputs more intensely than the average person, and their brain is not able to tune out background inputs, so they **often feel overwhelmed and avoid sensory inputs**.

**Sensory Diet** — A sensory diet is an **action plan** that provides personalized sensory input a child needs to stay focused throughout the day. Some children with SPD need alerting activities, while others need calming activities. There are those who need to improve coordination, and others need spatial awareness. **Once their brain is organized, they begin to reduce unwanted sensory-seeking activities**. They are then able to regulate their emotions and increase their attention span. A child’s needs may change from day to day, and they should never be forced to participate. If you are interested in a sensory diet, be sure to consult with your child’s Occupational Therapist.

# Resources/References

The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder

<https://www.amazon.com/dp/0399531653>

How a Sensory Diet Can Help Your Child: Guide and Resources

[healthline.com/health/guide-to-sensory-diet#1](https://healthline.com/health/guide-to-sensory-diet#1)

**Additional Resources**

[smartkidswithld.org/first-steps/what-are-learning-disabilities/sensory-processing-disorder-overview/](https://smartkidswithld.org/first-steps/what-are-learning-disabilities/sensory-processing-disorder-overview/)

[inyardproducts.com/blogs/blog/66264069-an-explanation-of-the-proprioceptive-system](https://inyardproducts.com/blogs/blog/66264069-an-explanation-of-the-proprioceptive-system)

[ucsf.edu/news/2013/07/107316/breakthrough-study-reveals-biological-basis-sensory-processing-disorders-kids](https://ucsf.edu/news/2013/07/107316/breakthrough-study-reveals-biological-basis-sensory-processing-disorders-kids)

**Reference: Sensory Processing Disorder (SPD) definition**

[spdstar.org/basic/understanding-sensory-processing-disorder](https://spdstar.org/basic/understanding-sensory-processing-disorder)

**Reference: Seeker/Avoider definitions**

[understood.org/en/learning-thinking-differences/child-learning-disabilities/sensory-processing-issues/sensory-seeking-and-sensory-avoiding-what-you-need-to-know](https://understood.org/en/learning-thinking-differences/child-learning-disabilities/sensory-processing-issues/sensory-seeking-and-sensory-avoiding-what-you-need-to-know)

**Reference: Sensory Diet definition**

[inyardproducts.com/blogs/blog/117163141-50-sensory-activities-you-should-include-in-your-child-s-sensory-diet](https://inyardproducts.com/blogs/blog/117163141-50-sensory-activities-you-should-include-in-your-child-s-sensory-diet)

## About the Sensory Integration Specialist



Dr. Robin Katz has been a licensed Occupational Therapist since 1982, after graduating from New York University in 1981 with a BS in OT. She specializes in providing evaluation and direct OT services with children / adolescents from 0 to 21 years of age, and she has been Sensory Integration Certified since the mid-1990s.

Dr. Katz attained her clinical doctorate in occupational therapy (OTD) from Boston University in 2012. She also attained an MSW from Wurzweiler School of Social Work in 2006, and an MA in Community Health/Death and Dying from Brooklyn College in 2003.

In addition to her many years as a practicing Occupational Therapist, Dr. Katz worked in university settings developing OT curricula, coordinating OT fieldwork, and teaching Occupational Therapy courses.

## About the Author



Hi! I'm Nicole. I'm a fiercely passionate writer and an equally fiercely passionate educator. I am also a fiercely passionate mom, daughter, wife, and friend.

About 2 years ago, I discovered that my daughter had SPD (sensory seeking). Shortly after that, I discovered that so did I (sensory avoiding). Boy did our lives change after that.

About a year ago, I found my way into independent publishing and have published one book as author/illustrator, and two books as illustrator since. After completing my third illustrated book, I was hit with the idea to write a book that would empower little children with SPD (like my daughter) and spread awareness to adults all over the world who engage with children who have SPD but may not know it.

I will be creating a collection of SPD-related books, including books focusing on sensory avoiding behaviors. You can stay tuned by following me here: [facebook.com/nicolefilipponeauthor](https://www.facebook.com/nicolefilipponeauthor).



# Rosalee the Seeker

Rosalee is a LITTLE sensory seeker  
with a BIG spirit, a BIG imagination, and an  
even BIGGER heart...

and this is her story.

