

## Sensory Issues: Signs & Symptoms of Sensory Based Movement Challenges

Behaviours and signs that may indicate dyspraxia:

- Difficulty learning exercise steps or routines
- Difficulty with hopping, jumping, skipping or running compared to same aged peers
- Difficulty with sports or games
- Difficulty completing tasks with several steps
- Difficulty learning new motor tasks
- Difficulty with drawing, colouring or copying
- Difficulty with cutting and pasting
- Difficulty following directions that require two or three steps
- Difficulty wrapping a present
- Difficulty with motor activities that require more than one step
- Clumsy, awkward and/or accident prone
- Often trips or bumps into other people or things
- Takes a long time to write things down and to do tasks that involve following a series of directions
- Has difficulty keeping personal spaces organised
- Has trouble playing with fine motor activities (e.g. blocks, beads)
- Prefers fantasy games or talking to actually doing things
- Prefers sedentary activities rather than active play
- Poor skills in ball activities and other sports
- Messy or sloppy eating habits
- Dishevelled appearance
- Frustration when unable to complete tasks due to poor motor skills

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Behaviours that link with postural disorders:

- Seems weaker than other children his or her age
- Has a loose grasp on objects
- Has difficulty turning knobs or handles that require some pressure
- Avoids or needs encouragement for any heavy work (e.g. pushing, pulling, lifting)
- Poor balance during motor activities
- Difficulty maintaining posture at the desk / table
- Unable to contract muscles and pull against another force as needed in activities such as tug of war
- Does not automatically move as necessary to complete physical tasks (e.g. does not shift over to catch a ball thrown to one side)
- Has difficulty using both hands at the same time
- Has poor balance and falls over easily, sometimes even when seated
- Does not consistently use their dominant hand
- Has difficulty climbing or dangling from a bar by the arms
- Appears lazy
- Appears unmotivated or indifferent
- Appears weak and limp
- Tires easily or appears tired most of the time
- Has difficulty holding his or own in competitive games like tug of war

### Reference

Miller, L.J. (2014) Sensational Kids Hope and Help for Children with SPD – Revised: Chapter 1.