

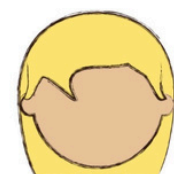
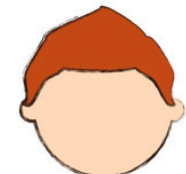
TOO MUCH!

A PEEK INSIDE THE PRODUCT

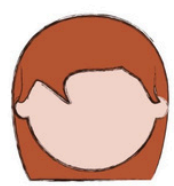
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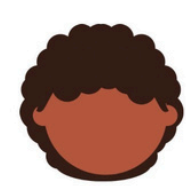
Feelings

Trace the words below and draw a face showing how you feel for each emotion.

Calm Excited Embarrassed





Sleepy Bored Irritated

Name: _____

THE FIVE SENSES

Instructions: Find the underlined words in the paragraph below hidden in the word search.

H E A R I N G S S S S
L A O L I N G M N I D
L R A N G M F E B G R
E S I A T O E L S H O
M K R T S T U L N T T
S S E A S T G T E S P
T E A F Q E N E Y L E
B R A I N R O U E L C
E N O S E N T T S E E
M O S E N S E S A C R
T O U C H E D L R O W

We experience the world through our five senses. These senses send information to our brain through something called receptor cells. The five senses are: hearing, sight, smell, taste and touch. We use our ears to hear, eyes to see, nose to smell, skin to touch and our tongue to taste.

Name: _____

Accommodations & Sensory Overload

Read the text below and then answer the questions.

We now know and understand that our senses can be overloaded by too much information, and this can create feelings of anxiety, fear, overwhelm or sadness in some people. But how can you prevent this from happening?

Accommodations are tools or rules that are put in place to help someone become successful. They are not needed for everyone, and are typically used when a person can't succeed in the environment without them. Accommodations can be big or small and can be used in all aspects of life.

An accommodation for someone who has a difficult time handling fire drills at school might be to provide them with noise canceling headphones, a picture showing them the expectations during the drills, sunglasses for the flashing lights, and fidgets to hold to help with anxiety. Everyone has to participate in fire drills to make sure they are safe, but accommodations can make something very difficult possible for someone who couldn't do it otherwise.

Another example of an accommodation is that, at some theme parks, accommodations are provided for those that are unable to wait in line due to sensory or medical needs. Instead, the person is able to wait outside the line for the same period of time and then return to the line after a period of time when it is their turn to board a ride. Some restaurants will provide accommodations for people who have food allergies. Accommodations are a tool for people to use in order to experience the same experience as someone else in a way that is best for them and the people around them.

Sometimes people mistakenly think accommodations are unfair because not everyone gets the same accommodations. However, accommodations are provided based on the help you need to be successful. Accommodations make things fair by ensuring everyone has the same opportunity, not by giving a better opportunity to others. So, while it may be frustrating to have to wait in line and see someone else who doesn't have to wait in line, the reason may be that they needed an accommodation to make even going on the ride a possibility.

Accommodations are available for many aspects of life, and if you need help you should feel comfortable asking someone to help you. And if you see someone using an accommodation, remind yourself that everyone is getting what they need to have an equal and successful opportunity.

What is an accommodation?

Taste



Name: _____

Express Yourself

Everyone has different feelings at different times. Look at the chart below and think about yourself and your own feelings. Complete the chart by drawing a picture of how you look when you are experiencing this specific emotion and what is happening when you feel this way.

My Feelings	What I look like when I feel this way.	I feel this way when...
Happy		
Sad		
Scared		
Angry		
Overwhelm		

Name: _____

Using my Senses

Find a location and sit quietly for five minutes while you use your senses. Then complete the information in the chart below.

My location: _____

I SEE

I HEAR

I SMELL

I FEEL

DRAW YOUR LOCATION BELOW

A CLOSER LOOK

Name:

Too Much! An Overwhelming Day

Comprehension Questions

Answer the following question about the book.

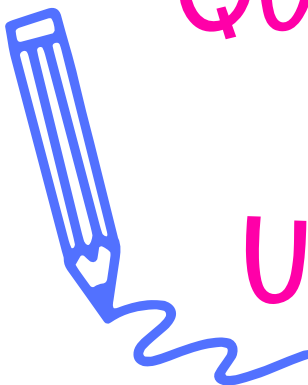
Before the main character gets out of bed two things are already bothering her. What are they?

What is wrong with the character's shirt?

What happens at the park that is very upsetting to the main character?

What are some of the things that help the main character feel better right away?

COMPREHENSION
QUESTIONS HELP TO
ASSESS
UNDERSTANDING



INFORMATIONAL
TEXTS EXPAND ON
THE CONCEPTS OF
THE BOOK

Name:

Sensory Overload

Read the text below and then answer the questions.

Sometimes our senses can become so overwhelmed that it triggers a feeling or an emotion response in our bodies. For example, in the book *Too Much! An Overwhelming Day*, a variety of things happened during the main character's day that were uncomfortable to her body. Overtime, all of the sensory experiences she had during her day accumulated until her body couldn't take any more and the main character became upset, needed to take a break and use some of her coping tools.

Some people are affected more by sensory issues than others. It might feel painful, upsetting, or even scary to see, hear, feel, smell or taste certain things for some people even if it doesn't feel that way to you.

For example, many people don't like the sound of nails screeching on a chalkboard. That feeling you might feel when you hear that sound (or even think of it!) might be present for other people in every day things that don't bother you, such as wearing socks, bright lights, loud noises, itchy tags in the shirt, crowded places, certain smells, etc. Everyone is made differently and everyone's bodies react differently to different stimulus.

Sometimes, when someone becomes overwhelmed by the sensory information their body is receiving, they will have an emotional response as their body tries to protect itself. The person who this is happening to may not be able to control their response or they may feel upset or embarrassing.

As a friend to someone who is feeling sensory overload, or if you are feeling overwhelmed yourself, you can ask an adult for help to decrease the upsetting stimulus, ask for tools that might help you, such as sunglasses or noise canceling headphones, or, when possible, safely remove yourself from a situation, such as going to a less crowded part of the playground.

Everyone has specific sensory issues and needs, and some people have more needs than others, and that's ok. The best thing you can do for anyone when they are feeling overwhelmed is to be an understanding and supportive friend.

What is one example of sensory overload from the book *Too Much! An Overwhelming Day*?

Name: _____

MY FIVE SENSES

Take a look at the objects in the column below. Think about what senses you would use for each of these objects and what you might see, hear, smell, taste and touch, then complete the chart below.

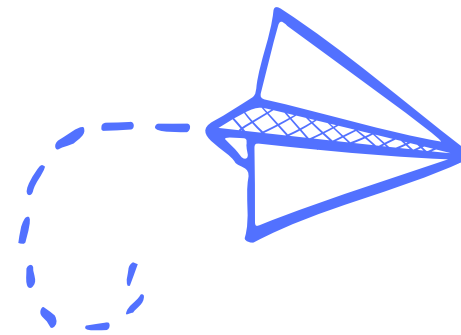






INTERACTIVE, MULTI-SENSORY ACTIVITIES



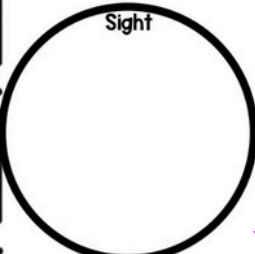
INTERPROSPECTIVE
ACTIVITIES HELP
STUDENTS TO
BETTER UNDERSTAND
CONCEPTS

Name: _____

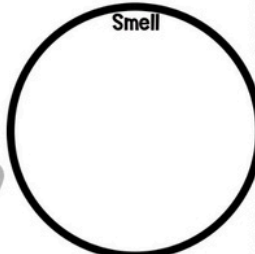
All About My Sensory Needs

Everyone has sensory needs to some degree. Sometimes people feel overwhelmed or upset if things are too bright, too loud, too hot, too cold, etc. Think about yourself and your senses. Complete the picture of yourself below and fill in the circles with situations or items that you find difficult when it comes to your senses. (Example: Sight might be sun, bright lights, etc.)

Sight

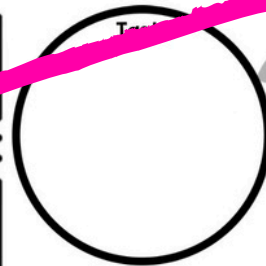


Smell

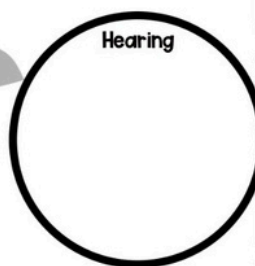




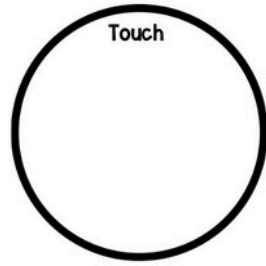
Taste



Hearing



Touch



Feeling Frenzy

Set a timer for two minutes. Once you hit start write down as many emotions as you can. If you run out of room, turn to the back of your paper and write more. When the two minutes are over, compare your list with a friend. Did they think of any different or unique ones? Did you?



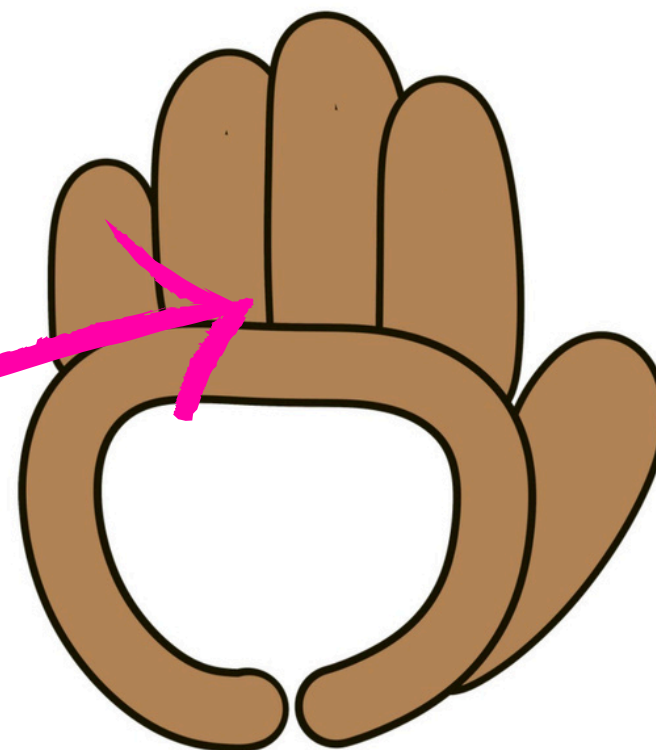
GAMES keep
LEARNING
FUN



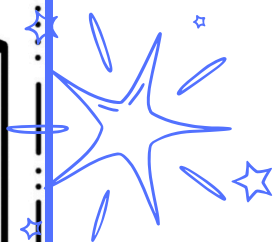
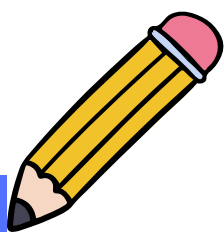
Different levels of activities for different abilities



Touch



WHAT'S INCLUDED



Name: _____

FIVE SENSES SCAVENGER HUNT

Search your classroom or home for different objects and write or draw them in the column labeled objects. Next, consider the object and each of your senses and fill in the chart below with the information about what you can see, hear, smell, taste and feel about each of the objects.

 I can see... I can hear... I can smell... I can taste... I can touch.

My Found Objects	I can see...	I can hear...	I can smell...	I can taste...	I can touch...
1					
2					
3					
4					
5					
6					

Name: _____

ROLL AND RESPOND

Too Much! An Overwhelming Day

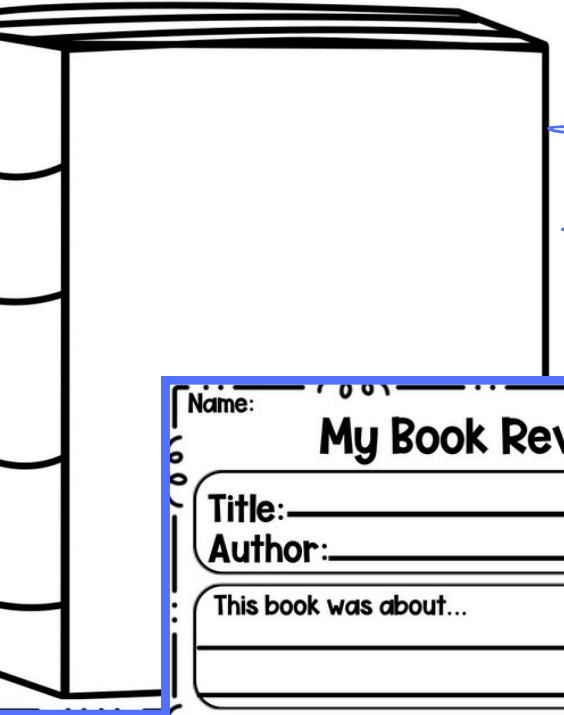
Roll a die to find out which question to answer in what order. Write your answers to the questions below. Roll until you have answered all questions.

	Did you like this book? Why or why not?
	Who is the author?
	Who is the illustrator?
	How was the artwork created?
	When was the book published?
	Who published the book?

Name: _____

Design a New Cover

Design a new book cover for the book *Too Much! An Overwhelming Day* to show readers what the book is about.



Name: _____

Creating Accommodations

Everyone needs accommodations sometimes to help them during different moments or situations. An accommodation is something that helps a person adapt or adjust to something that may be difficult for them so that they can be successful. Everyone needs accommodations sometimes, and some people need more than others. Sometimes it is difficult to think of accommodations when you are in a difficult moment. Help the main character of *Too Much! An Overwhelming Day* think of accommodations to make her day a little easier.

Issue	Accommodation
EXAMPLE: The alarm clock is too loud.	She could ask her mom to wake her up instead.
The light is bright and hurts my eyes.	
The water is cold.	
The washcloth is rough.	
Sharp, itchy tag in my shirt.	
My coat is too tight.	
It's too crowded outside.	
The kids are too loud.	
Now think of some accommodations for issues that may happen outside of the book.	
I can't see the whiteboard from the back of the class.	
I forgot to bring my lunch or lunch money.	
The fire alarm hurts my ears.	

Name: _____

Using my Senses

Find a location and sit quietly for five minutes while you use your senses. Then complete the information in the chart below.

My location: _____

I SEE	I HEAR
I SMELL	I FEEL

DRAW YOUR LOCATION BELOW



Name: _____

Summarize The Story

Too Much! An Overwhelming Day

Someone Who is the main character?	
Wanted What did the character want?	
But What was the problem?	
So How did the character respond to the problem?	
Then What was the resolution to the problem? How did the story end?	

Name: _____

My Book Review

Title: _____

Author: _____

This book was about...

My favorite part of the book was...



YOU MIGHT ALSO LIKE...

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