

# Sen·Si

Sensory Integration Therapy

**Climbing provides rich sensory experiences, of proprioception, tactile and vestibular input (three main sensory systems).**



## Climbing develops:

- 👉 Core Strength
- 👉 Improves Balance
- 👉 Motor Planning
- 👉 Regulation
- 👉 sensory processing
- 👉 Bilateral Coordination

There are two main types of climbing; bouldering and roped climbing. Our therapists are trained in the two types of climbing.

# sen·Si



## Sensory Integration Therapy

### senSi CLimb

senSI Climb offers children and teenagers a chance to interact with other children, with similar strengths and difficulties. Sessions can be individual or in small groups, with carefully planned group activities to develop social interaction, attunement, organisational skills and reliance on others.

The senSI staff supervise and support throughout the sessions, and are qualified and intuitive, and have a background in counselling, sensory processing and anxiety management.

The children are gently encouraged to practice their social and emotional skills by group activities, but also when asking for their climbing shoes and handling money to buy snacks and drinks. All of these skills including the physical climbing ensure the children leave feeling confident and happy.



CONTACT US FOR FURTHER DETAILS:

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