



QUIZ

Promoting Sensory Regulation in Autistic Visitors

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1. What is it called when people have a difficult time regulating sensory input and their responses to sensory input?
 - a. Sensory system disorder
 - b. Autism spectrum disorder
 - c. Sensory processing disorder
 - d. Tactile system disorder

2. What are the five basic senses?
 - a. Hearing, touch, sight, proprioception, taste
 - b. Hearing, touch, sight, taste, smell
 - c. Hearing, touch, sight, smell, vestibular
 - d. Hearing, sight, smell, taste, vestibular

3. What might be most difficult for those who are autistic and also have sensory processing disorder?
 - a. Sensory regulation
 - b. Fight or flight
 - c. Noise
 - d. Balancing

4. What is the largest system in our body?
 - a. Hearing
 - b. Taste
 - c. Balance
 - d. Touch

5. What is the best way to describe the interoception system?
 - a. How our body feels in space
 - b. How we control our body's movements
 - c. What our body feels like inside
 - d. What our body feels like outside

6. What is one way to calm down somebody by provoking someone's tactile system?
 - a. Weighted blankets
 - b. Rocking chair
 - c. Running
 - d. Headphones

7. What sensory system helps us be coordinated and use the right amount of force to pick up small and large objects?
 - a. Interoception
 - b. Vestibular
 - c. Proprioception
 - d. Touch

8. How can we help people autistic people?
 - a. Help them navigate situations in order to manage responses and reactions to sensory input
 - b. Make all environments very quiet
 - c. Tell them to wear headphones
 - d. Tell them to avoid places they don't like

9. All of these are options to make venues more Autism and sensory- friendly except?
 - a. Create a "chill zone"
 - b. Provide headphones
 - c. Put curtains on the windows
 - d. Take away all signs and visuals

10. Which three senses, when integrated together, provide a foundation for our behaviors and internal states?
 - a. Touch, vestibular, proprioceptive
 - b. Touch, interoception, proprioceptive
 - c. Touch, hearing, smell
 - d. Touch, interoception, vestibular

Answer Key

1. c
2. b
3. a
4. d
5. c
6. a
7. c
8. a
9. d
10. a