

Sensory and Sensibility



Issue #2

SENSORY STRATEGIES FOR THE CLASSROOM FOR THE BENEFIT OF ALL CHILDREN

Visual Environment

- Limit wall/bulletin board décor
- No hanging objects or artwork from the ceiling
- Use light filters over existing lights.
- Create low light with lamps instead of overhead lights.
- Clearly defined play and work area
- Quiet area
- Designated place to sit on at circle time.

Auditory Environment

- Limit extraneous noise.
- Provide "white noise"
- Seating away from hallways, windows or other sources of noise
- Avoid high ceilings, large spaces, and hard floorings, as they contribute echoes

Touch

- Remember that some of the children in your classroom may have some level of tactile system dysfunction.
 - Always be sure a child is expecting your touch.
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Vestibular Proprioceptive

- Alternative seating—floor, standing desk
- Movement breaks
- Heavy work activities like carrying books, pushing carts...
- Deep pressure activities like wall push ups, therapy ball...
- **Alternatives to omitting recess breaks.**
- Swing
- Mini trampoline

Equipment

- Large therapy ball or disc-o-sit jr.®
- Weighted lap blanket/object/animal to help calm and organize child
- Theraband tied under a desk for a child to push his/her feet against for proprioceptive input
- Have heavy cushions/bean bags in corners for deep pressure, proprioceptive.
- Study carrels for children who may need to decrease the amount of stimuli in their visual field.

Daily Routines

- ♦ Have a clear, predictable schedule
- ♦ Give warning before transitions
- ♦ Balance activity times- active/quiet, sitting/moving
- ♦ Give simple, clear instructions
- ♦ Use Visual schedules, Now and Then cards
- ♦ Use simple language and give one instruction at a time to begin with
- ♦ WAIT until you have the entire class' attention prior to beginning instructions (some children may be having a hard time sorting out papers or books and may not be ready to receive new information because they are still working on the last piece of information that was given to them.)

