**Environmental Strategies**

- **Environmental Adaptations**
  - Consistent routines
  - Reduce clutter in work area
  - Visual barriers
  - Headphones
  - Lighting

- **Positioning**
  - 90-90-90 is ideal
  - Provide foot stool and/or cushion
  - Elevate device if needed
Sensory Strategies For Online Learning

● Movement
  ○ Provide movement breaks
    ■ Reenergize and refocus!
  ○ Flexible seating options
    ■ Standing, rocking chair, swivel chair, yoga ball, throw pillow, etc.

● Heavy Work/Deep Pressure
  ○ To help calm the body
  ○ Lifting/pushing/pulling
  ○ Body squeezes/hugs
  ○ Weighted or compression items
Sensory Strategies For Online Learning

● Fidget items
  ○ Help with alertness and attention
  ○ Can be anything! Hair tie, ring, keychain, paper clips, putty...

● Wake up the mouth!
  ○ Oral sensory input is organizing and can improve concentration
  ○ Chewing gum, crunchy/chewy snacks, chewy tool, hard candy, drinking through a straw
  ○ Bold flavors - spicy, sour, minty, cinnamon
Handwriting Tools

- **Writing Tools**
  - Broken crayons, pencil grips, thicker pencils, mechanical pencil, pen, soft led pencil, weighted pencil, etc.

- **Adapted Paper**
  - Improve sizing, spacing, line placement
  - Printable versions available online

- **Handwriting Checklist**

- **Slanted Surface**
  - Promotes wrist extension and better visual angle
  - Use large binder for DIY slant board
Computer Access

- **Free Typing Websites**
  - Typing.com, Typing Club, Nitrotype

- **Voice Typing**

- **Keyboard Covers**
  - Stickers, overlays, or keyguards
  - Available in larger print, different colors

- **External keyboard/mouse**
  - Better positioning with laptops
  - Adapted mouse/keyboards available
Other Tools

- **Fine Motor**
  - Zipper pulls
  - Drawing tools
    - Stencil, ruler, protractor
  - Adapted Scissors
    - Loop, self-opening, one-handed

- **Organization**
  - Visuals/checklists
  - Timers
  - Color coded folders
Resources

● Benefits of Fidgets

● Positioning Information
  ○ [https://www.therapyatplay.com/proper-seating-for-distance-learning](https://www.therapyatplay.com/proper-seating-for-distance-learning)

● Printable Paper
  ○ [https://www.printablepaper.net/category/specialty](https://www.printablepaper.net/category/specialty)
  ○ [https://www.otschoolhouse.com/subscribe](https://www.otschoolhouse.com/subscribe)

● Typing Websites
  ○ [https://www.typing.com/](https://www.typing.com/)
  ○ [https://www.typingclub.com/](https://www.typingclub.com/)
  ○ [https://www.nitrotype.com/](https://www.nitrotype.com/)