

# Sensory Strategies for the Classroom:

## **Movement:**

Incorporate movement into your lesson plans. Children will start to LOVE learning and we have to MOVE in order to learn.

- Websites/Apps/Games: Yoga, GoNoodle, JustDance, Simon Says, brain breaks, dice with number codes for specific actions, have students come up with ideas!
- Purposeful Jobs: pass out papers, run an “errand” to the library or office, carry something heavy to and from class, stack the chairs at the end of the day, etc.
- Adapted Seating Options: therapy ball, cushion, theraband around chair legs, standing desk, hokki stool, howdahug chair, laying on tummy during reading, etc. (your OT can help you!)

## **Visual:**

- Organize wall clutter to be visually calming. Less is more.
- Use an iPad to take pictures of notes or provide a copy of notes with highlighter.
- Dim the lights when possible or invest in light covers.
- Color coding materials or color overlays- blue is calming.
- Use a visual divider (construction paper, tagboard, etc of different sizes) to focus on one math problem at a time or for reading line by line.
- Use calming videos during independent work times (fireplace, aquarium, ocean, rain, etc.)
- Preferential seating in front of visual learning task.

## **Auditory:**

- Give students 10 second wait time before answering or repeating directions.
- Provide step by step instructions with visual cues to decrease overload.
- Use Metronome or play classical music during work time.
- Use noise canceling headphones in overstimulating environments like the lunchroom and assemblies.
- Have a calm corner in your classroom to provide quiet reset opportunities.

## **Oral Motor:**

- Gum, drinking from a straw, candy (sweet) or crunchy/chewy foods are calming.
- Chewy necklaces can be used for regulation and provide deep input.

## **Weighted items:**

- Vests, blankets, lap-buddies, weighted animals can be great calming tools. Remember to always check with your OT prior to use and only wear a weighted vest for 20 minutes every 2 hours.

## **Fidgets:**

- Consult your OT for purposeful fidgets and visit our district website for fidget rules visual resource. Plan a time to teach rules and use around fidgets.