

Classroom Sensory Strategies:

Auditory/Visual Strategies

1. Use calming music with calm visuals
2. Dim lights and use silencing headphones (can be purchased in gun section at Walmart for under \$10)
3. Audio books with pictures
4. Allow text to speech software in a quiet corner with low chroma colors.
5. Turn on Christmas lights (taped to board frame) when teaching at dry erase board.
6. Talk slowly and/or expressively.

Tactile Strategies

1. Have soft, fuzzy, rubbery, rough, tacky, or stretchy figit items in a container that can be used. (Dollar store has many items, or sand paper from hardware store)
2. Theraputty or theraband can be great for strengthening as well.
3. Variety of fabrics available for handling at desk.
4. Velcro strips under desk that can be fingered.
5. Washing hands and drying hands.

Proprioceptive Strategies

1. Breaks for wall pushups, chair dips, theraband pulls, trampoline jumps, or wall sits.
2. Use heavy bean bags to toss and catch.
3. Tear and crumple paper.
4. Carry heavy items such as books, chairs, lunch boxes, holding open heavy doors for classmates.
5. Wipe down tables and squeeze rag dry.

Oral Strategies

1. Chewlery and rubber "T"s
2. Chips/pretzels and crunchy items especially when writing can increase concentration.
3. Chewing gum or lolly pops.
4. Chew on straw dipped in something appetizing.

Vestibular Strategies

1. Spin on chair or spin board 10 times each direction in succession. You may use a piece of cardboard.
2. Sit and swing arms/torso as far as one can to right and then left.
3. Lean back as far as possible while keeping chair legs on floor.
4. Forward rolls and log rolling.
5. Sit on a bouncy ball.