

SCHOOL AND HOME SUGGESTIONS TO ADDRESS SENSORY NEEDS

Heavy Work/Proprioception

- Wear a weighted backpack for 15-20 minutes while standing and moving (not just in sitting)
- Stand while completing work
- Find jobs that require pushing, pulling, lifting, etc.
 - ie. erasing the chalkboard, stacking/unstacking chairs, carrying heavy items to other classrooms
- Being squished between beanbags, floor pillows, etc.
- Animal walks (bear, frog, crab, etc.)
- Placing heavy items in their laps such as weighted blankets, beanbags, pillows while sitting
- Marching in place, Jumping jacks
- Pulling, stretching, flattening, and cutting clay, dough, or putty
- Big bear hugs
- Theratube band or bungee cord around chair legs – allow child to push against with legs while seated
- Wear lycra/spandex clothing for compression (can be worn under “regular” clothes)

Mouth Work

- Drinking thick liquids (malts/shakes/smoothies) through a straw
- Chewy foods such as gum, bagels, licorice, fruit leather, frozen grapes, jerky
- Crunchy foods such as carrots, pretzels, celery, nuts
- Sour or salty snacks
- Sucking through a resistive, long, or “silly” straw
- Make theratube necklaces (older kids may include beads to make pretty); refrigerator tubing is cheap-make sure it is non-toxic
- Place tubing on the end of pencils to chew on
- “Lifting” objects (ie. Cotton balls, paper, etc.) by sucking through a straw or have races to see who can blow objects across a surface the fastest

Vestibular Activities

- Log rolling, somersaults
- Sliding
- Swinging in all different positions (on stomach, seated, on back, etc.)
- Jumping on trampoline
- Scooter board activities
- Spinning in circles standing or seated in a chair that turns (include lots of starts and stops; rotate both directions)
- Stand up, reach to the sky, then touch your toes, repeat

Quiet Time

- Create a hide out/comfy place using dome tent, large box, under a table, sleeping bag, or behind a couch or chair
- Have fidgets (hand held mazes, oil/water toys, etc.), oral inputs/mouth work toys, slow/calm music available