

Sensory Strategies

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Do you have a student/child that has a difficult time focusing at school? Here are some sensory strategies that may help in the classroom:

- ✚ Use natural lighting, whenever possible.
- ✚ Allow the use of stress balls or fidget toys.
- ✚ Avoid rushing the child.
- ✚ Play classical music during seat time works.
- ✚ Allow child to wear headphones if distracted by background noises.
- ✚ Refer frequently to the schedule so the child can mentally prepare for what comes next.
- ✚ Use a metronome in the classroom to give the brain something rhythmic to assist with concentration.
- ✚ Encourage child to keep a water bottle at his/her desk.
- ✚ Allow gum chewing or sucking on mints while working.
- ✚ Use alternative seating equipment, such as therapy balls.
- ✚ Provide frequent movement breaks.
- ✚ In circle time, provide defined boundaries, such as carpet squares for each child.
- ✚ Establish eye contact before giving directions.
- ✚ Have the student repeat the directions back to you to reinforce what is expected.
- ✚ Provide a study corral to allow child to complete tasks.

