

OT/PT PROGRAM

TIP SHEET

CREATING SENSORY ZONES IN THE CLASSROOM

Consider:

- Sensory tool kit boxes:
 - Stress ball, fidgets, sand, rice and beans, textured objects
- Calming center:
 - Tent with bean bags/pillows, yoga cards, deep breathing
 - Guided imagery, positive visualization, positive word cards/posters
 - B calm listening headphones
 - 5 deep breaths calming card/strategies
 - Calm Counter, iPad—Calm Talk, Breathing Zone, Timed Timer
 - Angel Bear Yoga cards; Amazen U; Go Noodle; Brain Breaks
- Tactile wall/mirror
- Sensory ‘heavy work’ center: Small space to release energy/recharge/gain momentum:
 - Obstacle course—to encourage marching, jumping
 - Animal walks-penguin waddle, snowman walk, polar bear crawl
 - Exercise ball, tunnel, inflatable boat
 - Movement breaks, progressive muscle relaxation
 - Wall/chair push-ups, jumping jacks
 - Classroom jobs to provide movement: pass out papers, stack chairs, wipe boards/tables
 - Water breaks, crunchy/chewy snacks
 - RECESS, RECESS, RECESS
- Reading Center:
 - Story boxes, Audiobooks, headphones
 - Bean bags, comfy seats
- I need help, I need support: My Calming Sequence Visual
- Soft Music, Calming Music via Headphones