

Office of Related Services

OT/PT Program

TIP SHEET

THE SENSORY FRIENDLY CLASSROOM—INDIVIDUAL

Consider:

Movement

- Heavy work—pushing, pulling, jumping, carrying, squeezing
- Movement breaks—Stand and stretch—Run errand to office—Move between centers
- Sit on therapy ball or cushion
- Stand at table
- A basket of clipboards and some pillows for those who want to work on the floor

Touch

- Fidgets—Koosh ball—Squishy hand balls—Silly putty—Stress balloon
- Building—Hands on activities—Sand or play doh letters
- Place student in front of line—or back to avoid touching/bumping others
- Designated cushion or space to sit
- Deep pressure—Self-Hugs

Visual

- Reduce clutter around room
- Use an accessible font so text is clearly defined and spaced. Font size 12+ for handouts, 28+ for presentations
- Use a font color that is highly visible and contrasts with the background

Oral

- Chewing—heavy work to jaw—gum, licorice, hard pretzels, carrots, apples
- Sucking—sucking hard candy, sipping through straw or water bottle

Auditory

- Consider needs for quiet or noisy
- Quiet: sound deafening headphones; quiet, secluded areas
- Noisy: some prefer background music or noisier atmosphere.
- Consider your volume and pace when speaking to students. Students may process auditory information at different speeds.