

## Sensory Strategies for All Systems

The Following is a list of sensory strategies that may be beneficial for students in the classroom. Every child responds differently to sensory strategies in different ways. The below strategies can be tried and tracked to determine preferences for your students. Consult with the school occupational therapist and school team when addressing sensory needs and strategies.

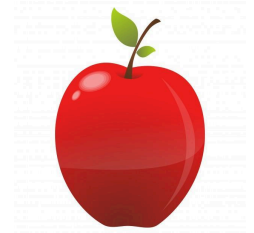
### Tactile Strategies

- ✕ Tactile fidgets (stress ball, poppers, tangle, etc.)
- ✕ Playdough, theraputty or slime
- ✕ Finger paint
- ✕ Gel bags
- ✕ Wikki Stix
- ✕ Sensory bins (sand, beans, rice, water beads or pasta)
- ✕ Therapeutic touch (brushing). Consult the occupational therapist for more information.



### Gustatory (Taste) and Oral Strategies:

- ✕ Crunchy snacks such as granola, apples, carrots, etc. (often alerting)
- ✕ Chewy snacks like gum, raisins, jerky, fruit leather, etc. (often calming)
- ✕ Sour candies or gummies
- ✕ Wearable chewelry or pencil topper chews
- ✕ Drinking cold, warm, or thick beverages
- ✕ Tooth brushing or gum massager

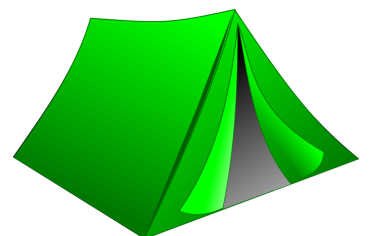


### Olfactory (smell) Strategies

- ✕ Using scented markers or crayons for colouring or completing written work.
- ✕ Scented rice bins or containers. Drop essential oils on the rice in a container.
- ✕ Add essential oils to a felt square and place it on the desk.
- ✕ Make scented playdough.

### Auditory Sensory Strategies

- ✕ Provide a quiet space outside the classroom for learning if needed.
- ✕ Allow a staggered entry to the classroom before or after the other children.
- ✕ Use a noise meter or app to monitor classroom noise.
- ✕ Quiet and calm music to help with focus in the classroom.
- ✕ Provide a quiet space in the classroom for learning.



## Visual Sensory Strategies:

- ✗ Dim or turn off the lights
- ✗ Reduce visual distractions or clutter by placing unused items in a cupboard or behind a curtain.
- ✗ Sensory break with a visual calming bottle.
- ✗ Cover or reduce the number of questions or words on a page to a more manageable amount.
- ✗ Use visual timers and schedules to indicate transition times and help the child learn daily expectations.
- ✗ Use preferential seating that allows the child to have the most success e.g. near the teacher, close to a wall, away from a window, etc.



## Vestibular Sensory Strategies:

- ✗ Alternative seating such as spinning chairs, rocking chairs, Hokki stools, wobble cushions etc.
- ✗ Alternative work spaces such as laying down, standing, kneeling, using a vertical surface. .
- ✗ Balance beam, board or balance steps
- ✗ Exercise Ball or hopper ball activities in another space
- ✗ Scooter or Sit and Spin disc
- ✗ Trampoline jumping

## Proprioceptive Tools:

- ✗ Incorporate activities that involve squish squeeze play such as putty or playdough.
- ✗ Weighted Tools (weighted vest, animal, or lap pad) or a heavy backpack. Check with the occupational therapist prior to use of any weighted item.
- ✗ Heavy work jobs such as pulling a wagon or pushing a cart, carrying library books, stacking chairs, cleaning whiteboard or tables. .
- ✗ Pressure activities and tools such as a Pea Pod, joint compressions, body sock, or compression vest. Check with the occupational therapist prior to use of any weighted item.
- ✗ Physical exercise such as theraband exercises, wall or chair push-ups, chair dips, resistance bands around the desk or chair legs, animal walks in the hallway. .
- ✗ Tear or crumple paper

