

Sensory processing strategies within the classroom

Many students have difficulty receiving, processing and responding to sensory information in the environment. These students require more sensory input to their bodies in a structured way throughout the school day, in order to prepare them for learning.

CALMING STRATEGIES

Thera pressure brush

- Tactile and proprioceptive input to the hands and fingers
- Brush hands with Thera brush x5-10 (must have a start/end point)
- If the student has any spasticity, brush from wrist to fingertips. Brush firmly.



Thera band pull

- Using two hands, hold the loop and pull out to the side (away from body) x5-10
- Ensure you have the correct resistance for the student – not too heavy.



Clasp hands together and squeeze

- Squeeze and count to 10
- Complete again if student requires more feedback



Chair pops

- When seated, place hands down by side and stabilise on the edge of the seat.
- Lift body weight up and down x5-10 times



ALERTING ACTIVITIES

Vibrating cushion

- Can place the smaller cushion on a body part or hold with hands and count to 10.



Jumping on the spot or star jumps

- If student is starting to get fidgety in their classroom seat, prompt them for a sensory activity and suggest star jumps or two foot jumps on the spot x 5-10



Sit to stand at classroom table

- Place hands flat on the top of the table
- Lean forwards, stand up
- Lean forwards, sit down
- Number 1. Continue and count up to 5 (or more if needed)

