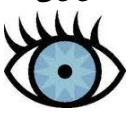








Sensory Supports for the Classroom

	Alerting	Calming
See 	<ul style="list-style-type: none"> Colors: red, yellow increase lighting visually stimulating area in classroom use colored paper to "frame" worksheet 	<ul style="list-style-type: none"> Colors: blue, green approach from front study carrel to decrease visual stimulation soften lights (remove some bulbs) declutter work space angled workspace/slant board
Hear 	<ul style="list-style-type: none"> loud, fast music speak with low voice or low pitch 	<ul style="list-style-type: none"> instrumental/classical white noise metronome
Taste 	<ul style="list-style-type: none"> ice cold sour mint 	<ul style="list-style-type: none"> hard candy in mild flavors
Touch 	<ul style="list-style-type: none"> hand massage scratchy Velcro under desk to rub find objects in pasta write in foamy soap/shaving cream 	<ul style="list-style-type: none"> dots & squeezies Joint Compressions use gloves during messy school work Stress ball/fidget Weighted Blanket/Vest
Smell 	<ul style="list-style-type: none"> peppermint lemon 	<ul style="list-style-type: none"> vanilla rose
Move 	<ul style="list-style-type: none"> unpredictable, erratic rotational rapid acceleration/ deceleration frog jumps jumping jacks trunk twists 	<ul style="list-style-type: none"> predictable, linear, rhythmic up & down front to back side to side Push/Pull/Carry crate Yoga/S'cool Moves (cocoon, superman) animal walks wall/chair push ups see-saw sit-ups swing/slide mini-trampoline toe touches Steamroller
Sit 	<ul style="list-style-type: none"> teachers chair move & sit cushion therapy ball tennis balls on opposite chair feet T-stool stand on rocker board 	<ul style="list-style-type: none"> bean bag chair rocking chair position student for limited opportunity for unexpected input