

Sensory Strategies

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Eyes:

- Shades for lights
- Color filters over paper, books, or on projectors
- EZ reader strips for visual tracking
- Dark rectangular cutout: blocking out visual clutter
- Natural lighting
- Turn lights down to ½ lighting
- Spot light in darkened room
- Change background color on computer
- Enlarge print
- Highlight areas of text
- Use of highlighter tape
- Magnifying glass
- Change color of paper on worksheets
- Baseball hat to shield florescent lighting
- Copy of notes from teacher instead of copying from board
- Working on vertical surface
- Visually shorten assignments
- Lamps instead of overhead lighting
- Decrease visual clutter in the classroom
- Letter/number strips available at desk/table
- Highlight reversals for awareness
- Green visual on left side of paper/red on right side on paper
- Glasses or filters for computer screen to decrease visual stress

Motor/Movement:

- Change mouse speed
- Change size of curser on mouse
- Slow key strokes on computer
- Turn chair around backwards to sit in

- Move-in-sit cushions for feet, bottom, back, or stomach
- Sitting, laying or kneeling on floor
- Allow for standing to complete tasks
- Push/pull/carry heavy objects
- Bean bag chairs
- Pencil grips, rubber bands on pencil for placements, erasable pens
- Preferential seating
- Movement breaks at desk side
- Hand fidgets: pliable erasers, clay, Velcro (under desk), bead pull
- Keyboarding instead of writing
- Weighted lap buddy
- Helper jobs: washing boards, stacking tables, sweeping floors, etc.
- Rocking chair

Organization:

- Check lists
- Timed timer
- Color code folders
- “do this” then “this”
- Allow for frequent success

Oral Motor:

- Gum chewing
- Crunching healthy snacks (granola, carrots, celery, pretzels)
- Water bottle with straw
- Vibrating tooth brush

Smell:

- Natural smells such as essential oils
- Perfumes may cause distress or asthma systems
- Avoid foods within the room that has distinguishing smells
- Use natural non-perfumed lotions

Auditory:

- Headphones
- Ear plugs
- White noise
- Classical, nature sound or relaxing music
- Music with 60 beats per minute
- Ear muff strategy

Posture/Seating:

- Supported back, feet, arms
- Raise/lower chair and desk height to individual
- Foot stool
- Swivel chairs
- Chairs with wheels
- Chairs that rock

Calming and Relaxation:

- Yoga
- Slow movements
- Decrease auditory input and talking
- Rhythmic activities or movement
- Repetitive movements