

Under Responsive Strategies

Always prepare the student, using visuals. This makes the student feel more secure about what will occur now and next

Active, energizing movements for a short period e.g. jogging on spot, jumping, jumping jacks; having short activity or movement breaks are a good idea to keep students alert and focused

Drinking a cold drink

Clapping hands or singing

Having routine movement breaks before periods of concentration

Giving student extra opportunities for movement during class e.g. giving out books?

Incorporating movement within lessons

Changing light in classroom or using different colors of text

Listening to music during periods of individual study

More specific strategies can be derived by selecting the appropriate sense from the sensory strategies on the reverse side.

For more strategies, visit:

<http://sensory-processing.middletonautism.com/sensory-strategies>

