

In-Class Body Breaks/Sensory Solutions

Proprioception:

- Weighted/Deep pressure vest, weighted lap pad, place bag on lap
- Wear lots of layers of clothing or wear an under layer of clothes that are slightly too small, in place of a pressure vest
- Wipe off boards between recesses, wipe desk tops between subjects
- Take all the chairs down from the desk in the morning, put all the chairs on top of the desks at the end of the day
- Have the whole class do 10x (3 reps) desk/chair/wall push-ups before writing task
- Place “Theraband” across legs of chair to bounce legs against, or tie around chest and chair back to provide deep pressure to chest while remaining seated
- Use an exercise ball instead of chair (as long as the student’s knees are at 90 degrees and elbows and shoulders are at 90 degrees while resting on the desk)
- Walk to and from your desk and the carpet like an animal, such as a crab or bear (anything on all fours).

Vestibular:

- Place books and pencil case in a bin on the floor, so the student gets movement every time he needs a book or pencil
- Take a walk to the water fountain, drink and walk back to class
- Bring things to the office for the teacher and have the office provide a receipt or something that needs to be returned to the current classroom teacher immediately
- Use a scooter board (sitting crossed legged on the board and using arms to propel) to get to and from your desk and the carpet

Tactile:

- Fidget toys, such as stress ball, pencil topper that screws on and off, pull and tug bracelet
- Furry/Fleece weighted lap pad (try a fleece heating pad on your lap)
- Use hands-on manipulatives during lessons, such as finger painting, putty to sculpt, etc.
- Have student wear textured underwear and socks
- Walk inside the hallways in sock feet to increase sensory input (watch out for crowded hallways)

Oral motor:

- Chew on a “Chewy Tube” or “Chewlery”
- Play harmonica when appropriate (to signal start of next class period, along side the bell)
- Eat crunchy chips/crackers, or suck on something sour to keep alert and engaged

Auditory:

- Play classical music while students work
- Sing a song with actions and clapping before long periods of seat work
- Place a fan in the class for white noise if the student requires more sensory input and the teacher does not wish to disturb others with music

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