

Classroom Strategies For Sensory Based Behaviors

Behavior	Intervention	Date began	Successful?
Visual sensitivity-student squints	<input type="checkbox"/> Cover florescent lights (colored contact paper or fabric)		<input type="checkbox"/> Yes <input type="checkbox"/> No
Auditory sensitivity-covers ears	<input type="checkbox"/> Provide student with headphones or ear buds		<input type="checkbox"/> Yes <input type="checkbox"/> No
Tactile sensitivity- refuses messy play	<input type="checkbox"/> Let student observe activity and participate at their own comfort level <input type="checkbox"/> Keep wet wipes and paper readily available for the student to quickly wipe their hands <input type="checkbox"/> Allow student to wear gloves		<input type="checkbox"/> Yes <input type="checkbox"/> No
Overstimulation-shuts down when environment is noisy	<input type="checkbox"/> Provide preferential seating <input type="checkbox"/> Allow student to take a break (bathroom or water) <input type="checkbox"/> Provide headphones or ear buds		<input type="checkbox"/> Yes <input type="checkbox"/> No
Seeking movement-getting out of seat	<input type="checkbox"/> Never take away recess <input type="checkbox"/> Provide air filled seat disc <input type="checkbox"/> Provide a visual boundary (masking tape around workspace) <input type="checkbox"/> Provide Theraband on the chair legs <input type="checkbox"/> Turn chair backwards <input type="checkbox"/> Provide alternative position for assignments (reading on the floor, standing to complete work) <input type="checkbox"/> Provide a movement break (chair or wall push ups) <input type="checkbox"/> Provide hand fidgets		<input type="checkbox"/> Yes <input type="checkbox"/> No
Seeking pressure-touching others, crashing into things	<input type="checkbox"/> Never take away recess <input type="checkbox"/> Carry heavy books to the library <input type="checkbox"/> Provide a movement break (chair or wall push ups) <input type="checkbox"/> Stack chairs <input type="checkbox"/> Wear a weighted backpack <input type="checkbox"/> Help PE teacher with equipment <input type="checkbox"/> Empty recycle containers <input type="checkbox"/> Wash classroom tables		<input type="checkbox"/> Yes <input type="checkbox"/> No
Transition difficulties	<input type="checkbox"/> Provide student with a visual schedule of what activities will happen next <input type="checkbox"/> Allow the student to be the line leader <input type="checkbox"/> Designate a peer model for the student <input type="checkbox"/> Have the student carry heavy objects during transition (i.e. books, or a weighted backpack)		

OT should be contacted only after the above interventions have been tried in the classroom first and found not to help.

If there are any questions as to how to use one of the interventions or if supplies are needed, contact the OT/COTA for help.