

Sensory Ideas:

The following materials may be used to help students pay attention, calm down, or increase energy levels. It is important to address sensory needs before expecting children to work or pay attention. Having calm and attentive sensory systems will help promote optimal learning in children.

- ***medium therapy/gymnastic balls*** to sit on while working or relaxing
(Most discount stores now carry these in the exercise sections.
Otherwise, call for an Abilitations catalog at 1-800-444-5700.)
- ***relaxing, meditative music*** to promote calmness (nature sounds, Yanni, etc...)
- ***uplifting, yet relaxing music*** to promote attentiveness (Enya, Riverdance)
- ***large sensory bins filled with macaroni, rice, water, sand, cornstarch, etc...***
Children can feel, pour, scoop, dig, etc...
- ***eye-catching lamps/lights*** (lava, disco, rope lighting, holiday lights, etc...
buy at discount stores for the best prices)
- ***battery or plug in massagers:*** many heat and tactile varieties available everywhere
- ***play dough, silly putty, gak, nontoxic shaving cream painting, whip cream painting***
- ***slinkies, koosh balls, gak/splat balls, etc...***
- ***smell exploration:*** aromatherapy oils and scented lotions, spices
- ***motor activities:*** climbing, swinging, pushing, pulling, throwing, walking, jumping, rolling, crawl tunnels
- ***bean bags*** in relaxation areas
- ***tent/individual areas*** (allows child to relax from stressful situations)
- ***weighted blankets and body socks***