

## Sensory Strategies

# Visual - information received from the eyes through lighting, colors, movement



When you notice your student avoiding or seeking sensory, but not sure what to do, try some of these:

Sensory seeking (under responsive or hypo-sensitive to sensory stimulus)	Sensory Avoiding (over-responsive or hyper sensitive to sensory stimulus)
<p>Does child:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flap hands close to face</li> <li><input type="checkbox"/> Spin objects / line objects</li> <li><input type="checkbox"/> Stare intently</li> <li><input type="checkbox"/> Difficulty with visual discrimination (colors, shapes, letters)</li> <li><input type="checkbox"/> Have difficulty locating object on busy surface</li> <li><input type="checkbox"/> Lose place in book</li> <li><input type="checkbox"/> Difficulty with eye hand ( tracing or cutting on a line)</li> <li><input type="checkbox"/> Difficulty with puzzles</li> <li><input type="checkbox"/> Move head while visually tracking</li> <li><input type="checkbox"/> Spatial difficulty (trips on curbs/stairs)</li> <li><input type="checkbox"/> Flip objects in front of face</li> <li><input type="checkbox"/> Poke or pulls eyes/eye lids</li> </ul>	<p>Does child</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Rubs eyes after visual stimulus</li> <li><input type="checkbox"/> Squints</li> <li><input type="checkbox"/> Sensitivity to bright lights</li> <li><input type="checkbox"/> Avoids eye contact</li> <li><input type="checkbox"/> Distracted by things in the room</li> <li><input type="checkbox"/> Enjoys dimly lit or dark areas</li> </ul>

### Activities to support Sensory Seeking

- ☺ Use flashlight to direct attention
- ☺ Use contrasting color to focus attention
- ☺ Contrasting color on paper (green - go, red-stop)
- ☺ Use bright colors to gain attention
- ☺ Painters tape on table to set-up boundaries
- ☺ Visually stimulating center using light strings, spinning toys, colored flashlight
- ☺ Reading window
- ☺ Fan with switch
- ☺ Mini glitter wand
- ☺ Lava lamp
- ☺ <http://blueballfixed.ytmnd.com/> - 2 minutes a day
- ☺ Colored glasses (color therapy)

### Activities to support Sensory Avoiding

- Natural lighting is best - windows or lamps with full spectrum bulb
- ☺ Light filters for florescent lights
  - ☺ Modify work area (cover extraneous objects)
  - ☺ Infinity 8s
  - ☺ Eye breaks during increased visual attention
  - ☺ Place curtain over shelf or storage bins
  - ☺ Study carrels
  - ☺ Preferential seating away from windows
  - ☺ Use solid colored walls or rugs
  - ☺ Avoid colors that create negative attitude from child
  - ☺ Change color of paper to prevent glare
  - ☺ Color overlays
  - ☺ Baseball cap to reduce glare
  - ☺ Colored glasses (color therapy)

<http://life-with-aspergers.blogspot.com/2008/10/visual-stimming-one-of-reasons-why-your.html>

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 Li, T., P. Smith, R. Firth-Harrison (2009). The Effects of Brain gym® on the Learning of Students with Visual Impairments. *AER Journal: Research and Practice in Visual Impairment and Blindness*. Volume 2, Number 4, Fall 2009

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