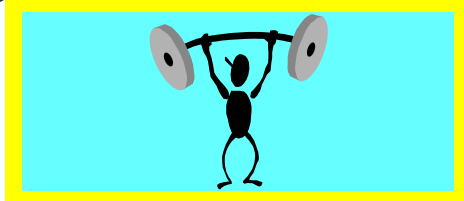


Sensory Strategies

Proprioception - information received by the joints from pushing, pulling, jumping, carrying



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"> <input type="checkbox"/> Bump into people or things (furniture) <input type="checkbox"/> Craves deep pressure <input type="checkbox"/> Seek hugs <input type="checkbox"/> Climbs and jumps <input type="checkbox"/> Difficulty grading pressure (breaking crayons) <input type="checkbox"/> Toe walks <input type="checkbox"/> Falling out of chair just for the sake of falling to land <input type="checkbox"/> Pushing friends <input type="checkbox"/> Pushing or pulling chairs or objects | <p>Does child</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avoid big groups <input type="checkbox"/> Avoids movement using muscles <input type="checkbox"/> Plays by self so he/she does not get bumped <input type="checkbox"/> "Pilsbury doughboy" - lacks motivation <input type="checkbox"/> Difficulty pulling objects apart <input type="checkbox"/> Weak grasp/hold <input type="checkbox"/> Leans against wall |

Sensory seekers

Front load the day by performing 10 minutes of heavy work every hour

SCHOOL strategies:

- ☺ Carry heavy items - weight backpack and wear using both straps
- ☺ Stack chairs/move desks, wipe down white board/ tables
- ☺ Bear walk, running jumping, climbing, wheelbarrow walk
- ☺ Theraband on desk chair
- ☺ Wall push-ups, chair push-ups
- ☺ Heel walk
- ☺ Pull peers in wagon
- ☺ Combat crawl
- ☺ Jump on carpet square, mini trampoline, innertube
- ☺ Crawl under heavy carpet
- ☺ Push water filled ball
- ☺ Sucking yogurt, pudding through straw, chewing gum, jerky, bagel
- ☺ Body sox
- ☺ Push toys, scooter boards
- ☺ Silly putty - rolling pounding, pulling
- ☺ Taco roll or steam roller or rolling pin

HOME strategies

- ☺ Swimming
- ☺ Vibrating tools, toothbrush
- ☺ Gymnastics, Karate, punching bag, wrestling
- ☺ Climbing trees, rock walls, monkey bars
- ☺ Crawl between mattress under floor rugs

Sensory Avoiders

- ☺ Theraband on desk chair for legs or across lap
- ☺ Providing food with resistance - sucking yogurt, pudding through straw, chewing gum, jerky, bagel
- ☺ Swimming
- ☺ Jumping
- ☺ Pillow fights
- ☺ Wrestling
- ☺ Vibrating toothbrush
- ☺ Climbing trees
- ☺ Gymnastics, dance, karate
- ☺ Weight vest/blanket/backpack or lap weight
- ☺ Heavy blankets
- ☺ Deep pressure hugs
- ☺ Rolling pin or deep pressure
- ☺ Chores
 - Vacuuming
 - Pulling large trash can with trash
 - Carrying groceries
 - Watering plants

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<http://grandin.com/inc/squeeze.html>

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