

# IMPROVING FOCUS & BEHAVIOR IN THE CLASSROOM

## MODULE 8

# Building a Sensory Friendly Classroom

### Goal:

To provide all students access to sensory tools and activities that they can use in order to facilitate attention, behavior, and learning.

To provide sensory supports for students who have SPD or other sensory processing challenges (including those with and without a diagnosis).



#### Vestibular

- Therapy ball
- Wiggle seat
- Windmill activity



#### Proprioception

- Weighted lap pad
- Bean bag chair
- Chair push ups



#### Visual

- Visual timer
- Light dimmer
- Disco ball



#### Auditory

- Therapeutic Listening Program
- Noise cancelling headphones
- Metronome



#### Oral Motor & Gustatory

- Chewing gum or sour spray
- Scented markers



#### Tactile & Interoception

- Velcro under the desk
- Deep breathing

## Think Inclusion

- Everyone (including you) has a sensory system and we all need different input in order to be successful.
- Every student will demonstrate improved focus, behavior, and attention with the use of sensory strategies & tools.
- Create a system so that each student gets access to different sensory tools.
- Teach your students what the tools are for - they are not toys, they are tools to improve attention, focus, mood, etc.
- Teach your students that everyone's sensory system is different. One student may not need to sit on the therapy ball to help focus, while another may need to bounce a lot in order to help focus.