

IMPROVING FOCUS & BEHAVIOR IN THE CLASSROOM

MODULE 5

Sensory Sticks

Using a permanent marker, write these sensory activities on popsicle sticks and separate into two jars. Have the students choose two of each, completing the alerting activities first, then follow up with the calming activities. Alternatively, pick 6 random sticks (three of each) and complete as an obstacle course 3x.

Calming

(PROPRIOCEPTION)

Bubble Mountain
Wheelbarrow Walking
Chewing Gum
Therapy ball kicks
Bear crawl
Medicine ball slams
Steamroller
Push something heavy
Tug of War
Body sox
Weighted Item
Joint Compressions
Massage
Tortilla
Superman
Calming music
Slow Swinging
Figure 8 Walks
Metronome

Alerting

(VESTIBULAR)

Inverted over the ball
Bouncing / Jumping
Downward Dog
Log Roll
Ball Walkouts
Jumping Jacks
Cross Country Skis
Somersault
Frog hops
Windmills
Robot Zapping
Over / Unders
Obstacle Course
Skipping
Bouncy ball rock
Hopscotch
Trampoline
Scooter board
Sour Spray