



**YOUTUBE
FREEBIE**

6 Occupational Therapy Tips and Strategies for the Classroom

1 SENSORY BREAKS

Take a 3-5 minute sensory / movement break several times during the school day. You can provide students with specific movement activities, or allow them to choose their own. The goal: provide an opportunity for the brain to rest and the body to move!

2 DRINK WATER

Be sure that all students are drinking water and staying hydrated. Include getting a drink of water into the sensory break routines.

3 ALTERNATIVE SEATING OPTIONS

Provide students with a variety of alternative seating options each day. Therapy/exercise ball seats, wiggle cushions, standing desks, and sitting on the floor are great options.

4 CRAWL DAILY

Crawling is a full body sensory activity that can be added into the sensory break routines and is beneficial for students of ALL ages. Crawling provides: heavy work to the muscles, an opportunity for bilateral coordination, and a different visual experience.

5 MULTI SENSORY LEARNING

Add music into the school day. Use a metronome to practice spelling words. Add ball skills games to math facts practice. Use jumping jacks in between writing tasks. Adding a multi sensory approach to learning can help with attention, focus, and retention of information.

6 CHANGE THE LIGHTING

Turn off the overhead fluorescent lights if possible. Use natural lighting whenever possible. Add lamps around the classroom. Use light covers over the fluorescent lights.

Want more?!

CHECK OUT OUR CLASSROOM DIGITAL COURSE!

- Learn how sensory processing impacts learning
- Gain new strategies for the entire classroom
- Learn how to help individual students
- Gain an entire video library of sensory strategies

<https://harkla.co/products/classroom-sensory-training>