



# Teaching Channel™

A **K12** Coalition Company

## **Sensory Sensitive Practices**

For Creating the “Most Suitable” Self-Contained Classroom

# Auditory Stimuli



- Encourage quiet and calm most of the time
- Cover speakers with cardboard if you don't have volume control
- Keep phone ringers on a lower volume
- Provide noise reducing headphones or headbands
- Prep students for loud noises when possible  
(i.e. fire alarms, sirens, etc.)
- Play calming music
- Eliminate background noise when possible

# Visual Stimuli



- Clear clutter
- Minimize visual stimuli on the walls and overhead
- Consider covering fluorescent lights with colored paper or fire proof material
- Use lamps or natural light when possible
- Allow students to wear hats or visors
- Use dividers and study carols to create separation of spaces
- Increase white space on pages
- Add visuals to labels and schedules

# Tactical Input



## Hypersensitive?

- Do not force students to touch materials if they have an aversion
- Avoid sticky materials or present them in a ziplock bag
- Do NOT say “yuck” or make a face when you touch the materials!

## Hyposensitive?

- Allow the use of fidgets after teaching students to use them appropriately
- Test out the use of weighted blankets vests or lap pads with students
- Teach with tactiles\*

*\*Tactile is related to touch and discrimination of textures.*

Students may be hypersensitive (over) to tactile input or hyposensitive (under) to tactile input.

# Vestibular & Proprioceptive Input



## Vestibular Input\*

- Build in movement breaks
- Use flexible/alternative seating
- Use tape on the floor to allow AND limit movement
- Post visuals of acceptable movement in your classroom

*\*Vestibular is the sense of movement*

## Proprioceptive Input\*

- Recess is a must!
- Build in movement breaks
- Allow gum or chewy snacks
- Tie a theraband to student's chair legs to allow for kicking and pushing
- Allow for frequent position changes

*\*Proprioceptive is related to joints, muscles, and connective tissue that underlie body awareness.*



## General Sensory Ideas

- Utilize your occupational therapists
- Allow students to create their own "box of calm"
- Develop a break area



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