

Support sensory integration

A suggestion for implementing the strategy 'Support self-regulation and positive behaviour' from the Guide: [FASD and learning](#)

Includes:

- Ask the student about their environment
- Offer auditory strategies
- Schedule breaks in your timetable
- Offer calm and quiet zones
- Provide sensory supports
- Useful resources

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From

Guide: [Fetal alcohol spectrum disorder and learning](#)

Strategy: [Support self-regulation and positive behaviour](#)

Suggestion: [Support sensory integration](#)

Date

18 April 2024

Link

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Ask the student about their environment

Some students feel bombarded by sensory information; others seek out intense sensory experiences.

Students with FASD who have sensory process difficulties misinterpret everyday sensory information such as touch, sight, sound, movement, and smell.

Ask the student to describe everything in the classroom that they:

- smell
- see
- hear
- taste.

Use the information to guide your design of the environment.

Select strategies to reduce sensory overload.

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Offer auditory strategies



Source:

Paul Hamilton

<https://flic.kr/p/oykm3A>

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Schedule breaks in your timetable

Build flexibility and supports into the classroom environment.

- ✓ Provide physical activity breaks throughout the day to increase engagement.
- ✓ Break up longer tasks with short relaxation breaks to give students opportunities to recharge and refocus.
- ✓ Timetable sitting still activities before morning tea and lunch breaks where students have been active.
- ✓ Include a Swiss ball or mini-tramp in the classroom environment. Movement assists concentration and can release tension.
- ✓ Regularly timetable activities that promote relaxation, such as singing.

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Offer calm and quiet zones



Source:

Ministry of Education | Te Tāhuhu o te Mātauranga

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Provide sensory supports

Provide students with a sensory support to help them with calming down.

Useful sensory support will vary from student to student. It could be:

- ✓ looking at a book
- ✓ paper and pencils to draw or doodle
- ✓ music or soft soothing sounds to listen to
- ✓ a hand-held toy to manipulate, or a slow moving oil and water toy to watch
- ✓ a weighted blanket or warm fleece blanket
- ✓ a deep back massage or squeezing hands or feet can be soothing for some children.

Talk with your student, and ask your occupational therapist for some safe and appropriate suggestions for calming the nervous system.

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Useful resources



Sensory processing

This video provides introductory information about sensory processing.

Publisher: British Columbia Ministry of Education

[Visit website](#)



Fetal alcohol exposure: Time to know, time to act

Read time: 15 min

Information about sensory integration for students with FASD and practical classroom strategies.

Publisher: Ontario Provincial Conference, 2003

[Visit website](#)

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