

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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