

# Sensory Processing Disorder

## Curriculum Accommodations & Ideas

**Remember: Teach to your child, not to the curriculum. Allow for flexibility, experimentation, repeat what works and don't repeat what doesn't work.**

### Over Responsive

- Limit colorful curriculum & worksheets
- Separate them from the noise
- Noise Canceling Headphone
- Headphones with Soft music
- Find Curriculum that allows them to work independently
- Give Deep Pressured hugs during instruction and work
- Use a weighted blanket or lap weights during work
- Use a quiet voice when giving instructions
- White noise machine
- Mazes, hidden picture and dot to dot activities
- Use dimmer lights and seat them away from the windows
- Allow for Brain Breaks

### Under Responsive

- Colorful Curriculum & worksheets
- Incorporate music within the curriculum
- Make up songs frequently
- Vibrating Pillows
- Use stickers to teach & Velcro
- Frequent Hands on activities
- Provide Fidget Toys
- Put a band around the bottom of the chair
- Finger paint, sensory bins, art and more hands-on crafts
- Using a light table
- Allow Brain Breaks

### General Tips (Body Positions)

- Try different positions when completing assignments
- lay on the floor with a clipboard
- Get a Therapy Swing and do assignments in that
- Exercise Ball Chair
- Simply just keep feet on the ground or on a step stool
- Taping Assignment to the wall or writing on an easel or wipe board
- Do assignments with sidewalk chalk outside

### Schedules, Routines, & Environment

- Have a daily routine (including curriculum) that changes very little
- Give advance warnings for changes in schedule or routine
- Give a clear starting and ending point
- Use a timer, teach them to focus on their work for 15 mins. and add time as the day goes by
- Use visual displays of their schedule with pictures (use Velcro pieces)
- Have a location that displays their schedule daily
- For older kids, teach them how to keep a planner, start with 3 big tasks and add as needed
- Simple room setup with easy to find items that all have a place
- Fish tank, photo of water or even miniature waterfalls displayed in the room
- School Outside

### Adjusting Learning Time

- Act out stories instead of simply reading them
- Have them retell the story back to you
- Alternate physical, hands - on subject with more focused independent subjects
- Allow them to draw, doodle or color during lessons
- Provide fidget toys basket
- Allow gum and water
- Teach your older kids how to take notes
- Allow them to take notes with highlighters and colored pencils or SCENTED MARKERS
- Create Fill in the blank worksheets for readings, lectures or video lessons
- Create an interactive notebook
- Find Games that teach and connect with your subjects (example: charades, card games)
- Use jumping in Hoola hoops and jump roping to memorize phases
- Use poetry & music to teach & memorize
- Consider Game schooling
- Build in a naptime, even for the older students
- Use Audio Books
- Learn vocabulary with acting it out

### Brain Breaks (5 - 15 mins of something active)

- Do physical activity before any learning takes place
- Play Simon Says
- Balancing exercises (jump of one foot, walk in a straight line on tiptoes, hopscotch)
- Create an obstacle course
- Trampoline Time
- Find exercises that crosses the midline
- Catch, hit, throw a ball
- Scooter Board where they roll around on their tummy. They can pull with ropes or move with hands.
- Do Chores
- Dance Party or YouTube Movement Song
- Playdough or Kinetic Sand Time
- Jumping Jack Contest
- Hang Upside-down

**And Allow Yourself to Adjust Easily and Be Creative!**