**SENSORY ACCOMMODATIONS FOR CLASSROOM**

**Calming activities:**[**http://funandfunction.com/calm-and-focus.html**](http://funandfunction.com/calm-and-focus.html)

* Gentle slow rocking in a rocking chair
* Wiggle seat
* Compression garments are comforting and calming such as tight fitting Under Armor garments or a Bear Hug Vest
* Provide a comfortable retreat area such as a small play tent filled with pillows, bean chairs, blankets
* Mouth comforts: sucking on a sports bottle, drinking through a straw and sweet tastes are relaxing
* Heavy work for the mouth is calming: chewing gum or chewing on a straw
* Heavy work for the body: carry a heavy book to the office, push and pull toys and games, move furniture, knead dough
* Squeeze a foam ball, clay, play doh, putty, koosh ball, etc.
* Velcro under desk
* Adapt the environment: dim the lights, certain wall colors are particularly calming, add scents such as vanilla and lavender, slow moving visual stimulation (lava lamp, rope lamp, bubble tube), slow and rhythmic music
* Theraband around desk chair legs

**Alerting activities:**[**http://funandfunction.com/calm-and-focus.html**](http://funandfunction.com/calm-and-focus.html)

* Fast rocking or swinging
* Jumping on a mini-trampoline or bouncing on a therapy ball while seated
* Stacking books and other heavy objects
* Playing on playground equipment
* Stacking chairs or pushing furniture
* Compression activities:  Wall push ups, push hands together, hug yourself
* Chair pushups
* Theraband around desk chair legs
* Mouth Alerts: sour candy, mints, crunchy foods (pretzels, carrots), mint gum

**For additional information:**[**http://therakids.org/page/handouts/**](http://therakids.org/page/handouts/)