

Sensory Tools

- Some sensory tools are successful on some days and not on others. Just because a tool does not work the first time does not mean that it may not work at a later date.
- Try a vibrating pen when teaching letter formation. (Squiggle Wiggle Writer)
- Sit Fit cushions or sit discs are good for chair or floor sitting.
- A weighted lap pad is a good calming strategy. You can make your own with 2-3 pounds of rice in a pillow case with the edges sewn shut.
- An inner tube wrapped around chair legs to give proprioceptive input.
- Use play dough/ modeling compounds to give tactile input.
- Vibratory and textured toys provide good tactile input.

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- Try a weighted vest to improve self-regulation. Weighted vests can be purchased through Abiliations or other therapy websites.
- Use a mouth tool to improve focus/attention such as a straw, chew toys, or chewelry.
- Try a sit disc or ball chair to provide movement while sitting.
- Use a variety of sensory tools such as: neoprene pressure vest- The vest primarily provides deep pressure evenly across the body. The pressure is known to help reduce the response to stimuli. This soft neoprene vest is a self-regulation tool. It can be worn under or over a child's regular clothes the vest is completely adjustable at each shoulder and each side with Velcro® closures.
- Core disc- It is filled with bean bag pellets and the child can sit on it for vestibular input- a little movement while sitting to help them stay in their seat. It can also be used in their lap while sitting to provide proprioceptive input- which can be calming or alerting depending on the needs.

Sensory Tools

- Continue to use of a *move n sit* which is an inflatable wedge seat that has the best properties of both dynamic seating and static positioning. It encourages correct anatomical seating. It requires active participation from the child in assuming a correct sitting posture. It places the child's pelvis in an anterior tilt to prevent slouching and correctly align his spine.
- Consider a smaller backpack that may be easier for the child to manage independently and wear for weight.
- The use of a cuddle loop may assist the child with receiving “hugs” during circle time as opposed to the teacher/paraprofessional needing to provide the deep input.