

# Sensory Diet Suggestions for the School Environment

Teri M. Schad, OTR/L

- ✚ Consult with your occupational therapist about your student's participation in additional sensory diet activities. The OT has a wealth of knowledge and can offer excellent advice about specific activities to meet the individual needs of all your students.

## Proprioception

Proprioceptive input received through our joints, muscles, tendons and ligaments gives our brain information which helps us process body position in space and body awareness.

**Some activities I use in school to provide proprioceptive input:**

- ❖ Push Ups
- ❖ Jumping Jacks
- ❖ Jumping on small trampoline
- ❖ Pushing/ pulling open heavy doors
- ❖ Wall pushes
- ❖ Carrying a weighted back pack for walks in the hall
- ❖ Carrying 1-2 phonebooks to the office then returning later to pick them up
- ❖ Delivering books or catalogs to classrooms (office personnel usually appreciate this!)
- ❖ Use of weighted lap pads
- ❖ Use of weighted vests (on 20 minutes at a time then off so the student does not habituate or become too accustomed to the weight)
- ❖ Chew gum during times when attention is required i.e. Circle time
- ❖ Attach a 16" bungee cord to the two front chair legs so the student can push against it with their feet.
- ❖ Hold a bungee cord on each end: pull, release, pull for several repetitions
- ❖ Use of therapy putty or resistive clay
- ❖ Hanging from monkey bars
- ❖ Participating in an obstacle course of activities (in the OT or motor room) which include jumping, crawling, rolling and "crashing".