

## **Strategies to Promote Success in the Classroom**

### **Sensory Motor Development**

- Weekly OT developmental group
- Daily morning exercise group in the gym
- Weighted vest
- Frequent movement breaks
- Heavy work such as carrying books, boxes, washing chalkboard, moving furniture, carrying a weighted book bag, opening the door and holding it open
- Use of Move N Sit cushion or ball chair
- Daily exercise and/or movement program
- Exercises from Brain Gym (cross-overs, bilateral circles or lazy 8s on the chalkboard )
- Do seated “push-ups” and/or put hands together in midline and push them together (make hand-cakes) periodically throughout the day
- Jump on a mini-trampoline
- Do wheel barrow walk
- Have children march or hop from one part of the room to the other
- Have “dance” breaks
- Have water bottles available especially those with straw type tops
- Provide “fidget toys” during listening activities
- Provide chewy foods (gum, Twizzlers, Slim Jims, Skittles, Air Heads, Laffy Taffy)
- Provide crunchy foods (carrots, celery, dry cereal, pretzels, crackers)
- Daily outdoor/and/or gross motor recess

### **Classroom Environment and Seating**

- Have predictable daily routines
- Discuss schedule changes ahead of time
- Have written or picture schedule of daily routine on desk
- Minimize visual distractions in classroom
- Minimize auditory distractions in classroom
- Seat child in front of classroom directly facing the teacher and/or board

## **Strategies to Promote Success in the Classroom (cont.)**

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- Seat child in quiet area
- Seat child near teacher
- Seat child near good role model
- Seat child near “study buddy”
- Reduce distractions on or near desk
- Seat child away from distracting stimuli
- Seat child in study carrel or use partitions
- Have a quiet area available (large cardboard box , tent, bean bag chairs, partitioned off area) for silent reading or listening to music on head phones
- Provide soft lighting instead of fluorescent lighting

### **Aides and Technology**

- Provide opportunity to complete written assignments on computer
- Provide visual, auditory, and kinesthetic learning
- Provide visual directions, demonstrations and representations
- Provide visual cues or clues
- Maintain visual contact while talking
- Use tactile and manipulative aides in teaching
- Provide simultaneous visual, auditory, and kinesthetic experiences

### **Attention**

- Provide cognitive behavioral feedback” positive feedback for attention to task (frequently based on what student can currently do) short-term reinforcers (e.g. happy faces, check mark, star, in-class rewards) and long-term (e.g. accumulate points for rewards at home)
- Allow student to stand at times during seat work (especially during end of task)
  - Require active responses in instruction (talking, moving, organizing, working at board, interacting with computer)
  - Provide “fidget toys” during listening activities
  - Provide chewy foods (gum, Twizzlers, Slim Jims, Skittles, Air Heads, Laffy Taffy)

- Provide crunchy foods (carrots, celery, dry cereal, pretzels, crackers)

**Writing/Handwriting**

- Provide alternatives for copying from board or book (photocopied instructions or problems or refer to number)
  - Reduce amount of required copying from board
  - Adapt assignments to require less writing (e.g., provide photocopy, which may be enlarged, to circle, cross out, write above/below line, etc.)
  - Use highlighters
  - Put objects at midline to encourage hand dominance
  - Outline boundaries on coloring sheets
  - Use pencil grips if necessary (consult OT)
  - Use raised line or skip a line paper
  - Use a ruler (or bookmark) as a guide for keeping place while reading
  - Use space buddy (mini non-clip clothespin between each word)
  - Copy work from paper on desk, not from board or overhead
  - Sit close to teacher or instructional source, facing straight ahead
  - Use big/small graph paper for word/letter spacing, and/or number alignment
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- **Organizational/Planning Skills**
  - Provide student with assignment book
  - Provide notebook with dividers and folders for work
  - Provide extra set of books to keep at home
  - Use color coded file system
  - Encourage organization at home (i.e. bedroom, closet, drawers)