

Sensory Diet Strategies for the Educational Setting

LIFT, PUSH, CARRY ACTIVITIES
Stack items, such as reams of paper, books, storage bins
Move stacks of books from one area to another
Move or stack chairs on top of tables at the end of the day and take them down before school starts.
Push, pull, and drag boxes, weighted carts or furniture across carpeted flooring.
Push a weighted cart from room to room. (Examples: Art Teacher's supply cart; mail cart)
Carry bins of lunchboxes to and from the cafeteria
Carry heavy books or notebooks to the office or from class to class.
Empty wastebaskets, sweep, mop, vacuum
Assist Physical Ed. Teacher with taking out and putting away equipment e.g. bag of balls, cones, etc.
Deliver small bag or crate of items from one classroom to another location within the building e.g. class or office
LIGHT HOUSEKEEPING JOBS
Erase blackboards and whiteboards in the class room
Use a crank pencil sharpener to sharpen pencils
Hold the doors open while the class passes through them.
Wash desks or cafeteria tables
MOVEMENT BREAKS
Handout and collect student work
Scheduled breaks during an activity where student brings current assignment to teacher who checks to see if the student is in need of reviewing the material, correcting his work or just encouragement.
Student leaves the class to take a note to the office or another teacher.
Student climbs stairs; takes a walk in the hallway; does laps in the exercise yard or playground.
EXERCISE BREAKS
Wall , desk, chair , or pushups
Handstands, headstands
Push- pull activities or games
Back bend pushups: Have child lie on floor and push up into a back bend and hold the position for a few seconds.
Door frame pushes
Bounce while seated on a large ball; inflatable cushion (e.g. Move N Sit or Disc O Sit or a Hippity Hop ball
Exercise band / Theraband™/Lycra band exercises
Weights on extremities or waist belt e.g. Miracle Belt while moving around the class or building.
Do laps up and down stairs with a weighted back pack or Miracle Belt around waist.
Treadmill ; elliptical machine, stationary bicycle
Trampoline exercise
Climbing, jungle gym, rock climbing, cargo net, zip line, trapeze, monkey bars or Power Climber (School Specialties)
Walk or Run laps around the gymnasium, track or field with supervision. Combine with backpack or weighted waist belt or ankle/wrist weights.
Cross country skiing; skating
Dance class
Swimming

