

Sensory Tool Kit (Day 2)

9:00 Homework check
Assessment
Choosing strategies
Concepts behind The Tool Chest activities
10:30 - 10:50 Morning Break

The Tool Chest activities from clinic to schools & homes with participation
12:15 - 1:15 Lunch
Mock classroom & hands-on lab with participation
3:00 - 3:15 Afternoon Break
Creating spaces to make learning accessible!
5:00 Ends

2


Flea Market Song 



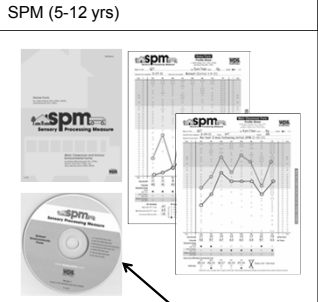



- Brush your arm: **Tactile** (touch)
Decrease over responsiveness, calm, develop body scheme
- Share a massage:
Be a self advocate 😊
- Up and down: **Vestibular** (movement)
Can increase vocalization, attention, alertness, calm
- Push the wall: **Proprioceptive** (muscles, joints and tendons) Can increase body awareness, praxis and 'puts the lid on' to calm

3

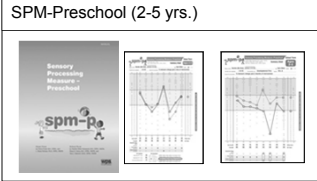
The Sensory Processing Measures
The SPM & SPM - P Quick Tips 

SPM (5-12 yrs)





Additional School Environments:
Art, Music, PE, Recess/Playground, Cafeteria, and School Bus

SPM-Preschool (2-5 yrs.)



SPM /SPM-P Quick Tips & User Guide


PDFs

Working now on SPM for Infants & Toddlers (SPM- IT) and SPM for Teens

Copyright © by Western Psychological Services or Henry OT Services, Inc. All rights reserved.

www.wpspublish.com/store/p/3222/spm-and-spm-p-quick-tips-qt

5

Selecting SPM QTs 

Using clinical reasoning, choose strategies that closely align with one or more of these **5 objectives**:

1. Address the underlying deficits: modulation(over responsiveness), postural control (balance), perception (meaning of sensory input) , praxis (motor planning and ideation).
2. Provide family, staff, administration, or peer training to increase awareness, reframe interaction skills, share resources. "Joie de vivre"
3. Teach self-advocacy as soon as it is appropriate to do so.
4. Adapt the task, materials, equipment, or environment.
5. Use cognitive or behavioral strategies (or both) to teach social skills and support social participation.

Copyright © by Western Psychological Services or Henry OT Services, Inc. All rights reserved.

6

My Child's Tool Chest

A Sensory List for Your Child

Complete this list with your child. This activity will help you understand your child's sensory needs. They may be different from your sensory needs. Become detectives together. Create sensory-safe environments and activities to make your lives **happier** and successful.

Tools which help me:

When Getting Ready to ...


| | |
|-------------------|---------------------------|
| wake up _____ | eat breakfast _____ |
| get dressed _____ | ride the school bus _____ |
| do my work _____ | go to bed _____ |

In The Homework Place to ...

| | |
|-------------------------|----------------------|
| set up my space _____ | be comfortable _____ |
| make studying fun _____ | take breaks _____ |

When I Can't Sit Still to ...

| | |
|------------------------|---------------------------|
| make sitting fun _____ | focus _____ |
| protect my back _____ | have better posture _____ |





Help child have a successful party...

Plan:
Before
During
After

13


Before a big event:



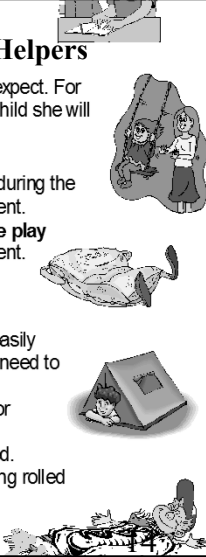
Holiday Helpers

- Let her know the schedule ahead of time
- Prepare your child by explaining the rules, times, and what to expect. For example, if having to sit and listen during a program, tell your child she will have to sit for (how many minutes?)
- Write a Social Story together. See **Social Stories** for outline.
- If you plan something exciting at night, use calming strategies during the day. This helps your child rest and stay centered before the event.
- Wrap your child (with firm pressure) in a soft cozy quilt and **role play** together what she will **experience** and **what** to expect at the event.


During an event:



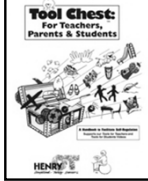
- Holiday events tend to be very stimulating and your child can easily become stressed, overwhelmed and unable to cope. You may need to limit the amount of time at the party.
- Make sure your child has a **quiet place** to go to during a loud or stimulating party.
- Encourage her to take a break before becoming over-stimulated.
- Play the Hot Dog game. Your child lies across a blanket, is being rolled into it, and ends up inside with the arms and head outside. Or use a sleeping bag. Pressure touch and neutral warmth (the body's heat retained) can be calming.



Tools for Students DVD the beginning...



- Teacher's 'tools' projects such as "desert snow"
- Diana speaking to students about the 'tools'
- Tool Chest starting: #1 (Shakes and Wiggles)
- Helping teachers make observations:
- Child with low tone (white t shirt)
- Child with poor balance (2 students over): Always running or moving quickly leading to 'bad behaviors'



17



Flexion and slow
rhythmical rocking
are calming...





Up and Down (linear)
movements
can also calm

26

Moon Shoes...Like a trampoline...
and...Springboards system

or bouncing on a chair ball

27




Dancin' Cowboy Rodeo

- Slap thighs (x 2)
- Clap hands (x 3)
- Kick legs (x 4)

Wiggly Scarecrow

- Spin "Hee haw"
- Link arms, doseedo, cross arms & hold hands, 'a la main'
- Quiet time: sharing name with partner




29

Dancing Cowboy Rodeo

Benefits: Fun


- ✓ Touch (Sharing with another person): Social participation
- ✓ Visual: Looking at instructor, at partner, at group
- ✓ Muscle/Proprioceptive: Stomping, clapping & pulling
- ✓ Movement/Vestibular: Rotation, orbital & linear
- ✓ Auditory: Following directions
- ✓ Bilateral motor coordination: Clapping & slapping thighs
- ✓ Crossing midline: With partner... a la main
- ✓ Praxis: Ideation & motor planning



30

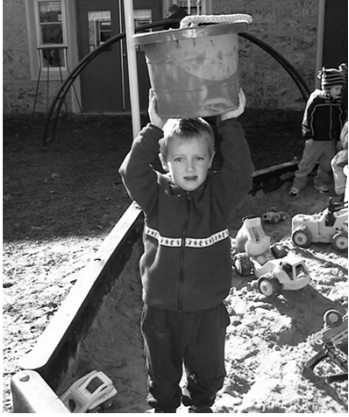


'Hand pumper' job

- Provide quiet ball inflation
- Promote independent use
- Use both sides of the body
- Opportunity for Heavy Job



34

Heavy Jobs Outdoors






35

Transitions

Group transitions

We take the alligator on walks to art, lunch, PE, music & bus



Stretching movements have a calming effect

36

Weighted hall passes




37

HEAVY JOBS

TRANSITIONS:





- Push heavy doors using both hands
- Carry groceries into the house
- When traveling, let your child pull his own suitcase on wheels.

HOMEWORK TIME:

- Chew gum, eat chewy foods or crunchy foods, or sip water from a water bottle with a thin straw
- Do chair push ups (see Chair Push-Ups in the *Tool Chest™* handbook)
- Say 'let's pretend to make the room bigger' and push against the walls.

BATH TIME:

- After a bath, rub your child briskly with a large heavy towel, firmly squeezing his muscles. He can help fold the towel when done.

Expected age of development for the geometric shapes associated with visual motor integration...a significant predictor of handwriting performance

| | |
|-------------|-------------|
| • 2yrs | • 5 yrs □ |
| • 2 ½ yrs — | • 5 yrs X |
| • 3 yrs ○ | • 5 ½ yrs △ |
| • 4 yrs + | • 7 yrs ◇ |

41

Tools for Students DVD





#14 (Hand Games) All the movements you have to make to pick up a pencil

#15 (Spider Push Ups)

www.babyseensign.com

42

Eye tools include visual schedules



Pictures assist with motor planning too.



Use Apps such as *Choiceworks*

44

Vision Break

Crossed hands over the eyes (Mary Kawar)

- Lean elbows on table.
- Place palms over eyes with heels of hands resting on cheekbones.
- Cup palms. Cross the adducted fingers of each hand at right angles.
- This position allows no light to leak in and places no pressure on the eyes.
- Hold the position for 15 seconds.



Breathing

http://www.sciencedaily.com/releases/2015/01/150126095909.htm?utm_source=feedburner (re Mindfulness in school)

45

Cozy Shades soften light for cozier space



See *10 Ways to Implement RtI Using Sensory Strategies*

46

Effectiveness of the Integrated Listening System for Children with Autism and SPD

May-Benson, T. & Schoen, S. (2013)

1. Survey of 1174 iLs practitioners on perceived efficacy of the iLs home and clinic programs with 1304 children with autism
2. iLs effectiveness study with 7 children with SPD (ages 4-18)
3. iLs Focus multi-site effectiveness study with 18 children with autism (ages 5-8)

These studies suggest that iLs is an effective intervention (sensory processing, emotional & behavioral regulation, social communication interaction skills) promoting functional goals.

48

Getting Ready






STEP 3 : Ending the day

Many things can make bedtime more difficult including ...

- unexpected touch sensations like tickling or taking a shower. These types of activities can 'wake up' the senses when the goal is to calm down and go to sleep
- too much visual or auditory stimulation such as TV or video games prior to bedtime
- not enough time to prepare for bed. Remember, routines often help with transitions
- scratchy or rough bedding. These types of textures can be irritating and alerting to sensitive skin.

Tips for bedtime include ...

- a warm bath (not too hot though!)
- a five minute body rub-down in a large terry cloth towel and/or with unscented lotion. Be sure to use slow rhythmic downward strokes in the direction the hair grows.
- calming scents such as vanilla or lavender (ask your aroma therapist for suggestions)

Radio Wake Up

yabadaba daba yaba daba daba...doo

Breath (intercostal muscles)

Turn your head to the window (vestibular)

Squeeze your legs (touch pressure)


Push your hands

Stretch up... long... wide...(proprioception)

Make a funny face... (preparing face/oral motor)


Make a funny dance...(moving to meet threshold)

The Clothing Quiz (to assist with motor planning)




51

The Clothing Quiz



- Here's a silly game you can shout your answer
- When I sing this song and you hear this sound (*boing!*)
- What do you wear under what your wearing?
- Tell me what the first thing is that you put on?
- What do you wear under what you're wearing?
- You wear, "*boing!*" _____



52

Makin Pizza

Makin pizza, makin dough



Knead the dough

Squeeze... pull... push the dough

Roll the dough

stretch so it's sooo long

and roll it in a little ball

53

Deep touch

Pull... Traction...muscles... proprioception

Roll.....Spin vestibular

54

SENSORY STORIES:

Holidays make me feel a little wild

Having to say good-bye make me feel even wilder

My friends do not like it when I get so wild

It makes me feel out of control

I can get calm before saying good-bye

I can choose to play hot-dog game

My friends are happy when I make a good choice

Calming Activities make me feel good and proud of my behavior

55

During lab this afternoon:

Elastablast

On top of the world

Floppy on the Ball

Touch Pressure Pizza Game

56

Combining 'Belly on the Ball':

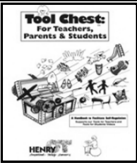
Forward linear movement

And for intensity...


Roll

'Squish'

57



Tools for Students DVD



Quieting Tools #23 &24

Body Stretch, Hot Dog Game and Floppy on the Ball (note: CAUTION)

Survival Tools #26

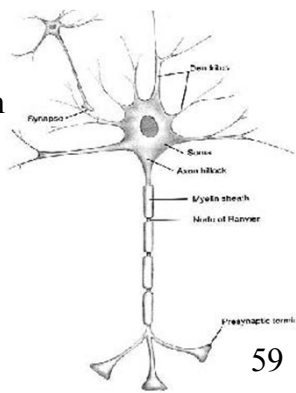
Snacks and Home Play

58

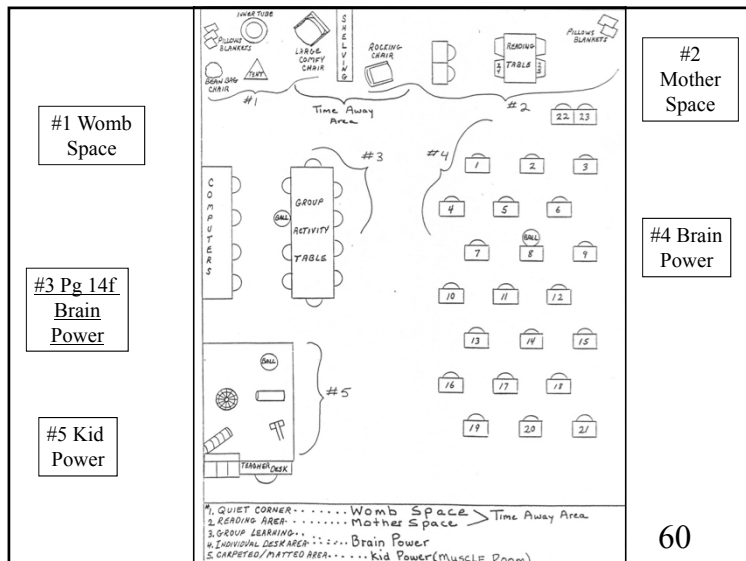
Neuroplasticity: Experience Dependent Learning

European SI Congress May 27, 2011 Algarve Portugal, Roseann Schaaf

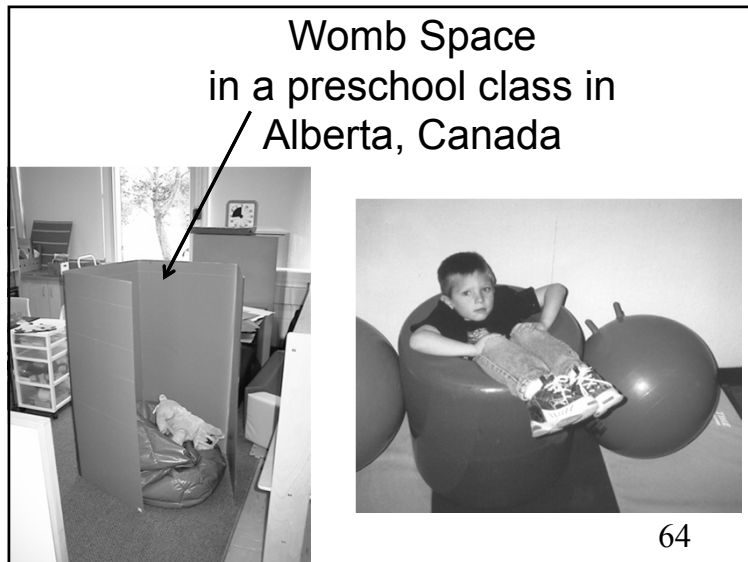
- Detailed wiring of the brain is dependent upon specific interactions between organism and environment (Greenough et al., 1987)
- Enriched Environments support experience dependent learning

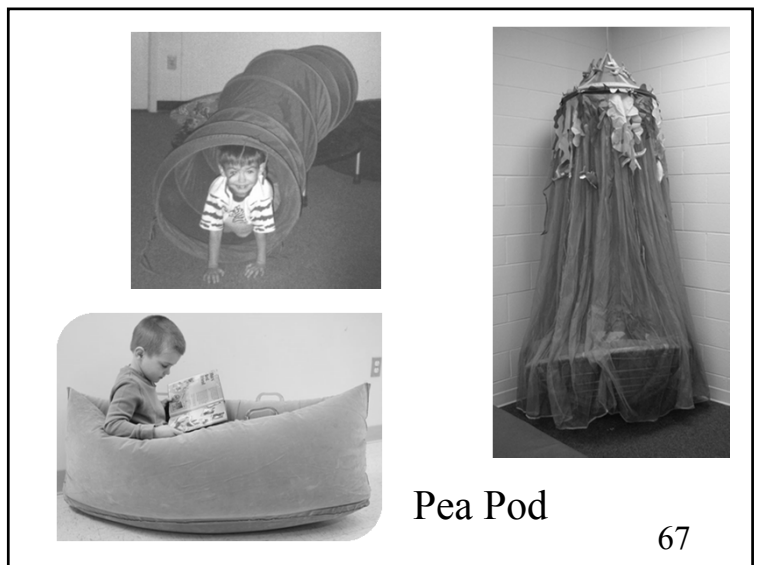


59



| Womb Space ‘breathing room’ | Equipment/Supplies |
|--|---|
| <ul style="list-style-type: none"> –Hide out & small spaces. –Whole body contact –Containment without restraint (snuggling in T shirt) –Unconditional acceptance –Respects need to regroup –Relaxation & reflection –‘Time In’ (see Bright Ideas) | <ul style="list-style-type: none"> – Tractor tire inner tube – Large sofa chair – Rocking chair – Tent – Bean bag chair – Neoprene vest – Pillows / Blankets – Sleeping bags – Flashlights – Headphones – Carpet /Carpeted barrel – Calming music – Body Sox |
| | 61 |
| | Back |



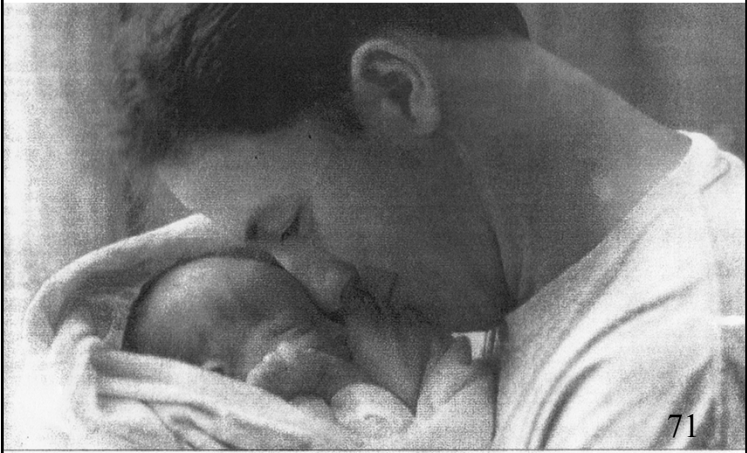


Mother Space #2

| | |
|--------------------------------|-----------------------|
| Interaction 8 to 10" | |
| Physical contact OK | |
| 'Floor Time' | |
| Greenspan | Equipment |
| Sharing space | - Stuffed animals |
| Being validated | - Pillows / blankets |
| Child or animal contact | - Small reading table |
| Comforting activities | - Books |
| Simple language | |
| Sharing a book | |

70

Connecting



71

Photos by Michael A. Schwartz USA TODAY

Daddy's at home: Falcons quarterback Chris Chandler snuggles with his newborn daughter, Brynn Brodie Chandler. He says his wife and in-laws 'renewed my belief in myself, which allowed me to take my game to a higher level than it had ever been before.'

Womb space becomes 'Mother' space



72



73