

CALM / ATTENTION

STRATEGIES

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Movement

- Dynamic Seating Cushion (ex. Disc-o-sit)
- 4 Corners (4 different colors of paper in each corner of the classroom-color code choices and let them move to their preference)
- Therapy Band around chair legs or BouncyBand.com
- Graffiti Desks (use transparency markers and students add 1 idea per table as they move around)
- Mellow Molding (use clay to mold your current emotion or feeling about the lesson/day)

Routine

- Drum a rhythm on student desks, and have them repeat it to signal the end or beginning of activity-let students lead
- Before a test, have students hug themselves and repeat a class mantra "I can do this," etc.
- Build in "silent processing" time.
- Add scents to the classroom (Essential oil-beware of student allergies, scented markers or stickers)

Contact

Looking for Educational Therapy Services, consultation, or advocacy? Contact me:

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Art/Expression

- Calming Coloring Sheets (allow kiddos to draw or provide copied coloring pages as a break or early finisher activity)
- Stained glass (use colored cellophane and make a station at a window-children cut out mosaic paper "tiles")
- Sing in Rounds (choose a song in a round and sing it-stimulates vagus nerve and brain-enhances memory and turn-taking)