

## Organising and alerting strategies

Child's name: \_\_\_\_\_ Date: \_\_\_\_\_



Organising and alerting activities can help any child who is either over or under-active become focused and attentive. These activities are particularly useful during transitions in the school day and a lot of them are great as a whole-class activity!

### Deep pressure touch

- Vibration - use vibrating wiggle pen (see *Equipment list*).
- Place hands on the child's shoulders or head (in neutral position) with safe, firm pressure.
- Child sits on own hands.

### Heavy work

- Magic room - with arms extended and palms flat push the walls of the room to "make the room bigger".
- Chair push-ups - sitting on standard class chair, hold onto sides of chair and lift bottom off chair. Hold position and count. This is a great whole-class activity.
- Stand in door frame and "push out" the sides.
- Monkey bars - hanging and swinging from bars is great.
- Push open heavy doors.
- Carry books against body hugging to chest, i.e. carry books / objects to office / from class to class.
- Place chairs on desk at end of day.
- Erase or wash chalkboard / wipe board / desk.
- Help move gym mats in P.E.

### Movement

- Take movement breaks to stand up and stretch between classroom activities.

### Rhythm

- Marching from one room to another.
- Marching and clapping to music.

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