Alerting Sensory Activities for the Classroom

**Vestibular**
- Take an alternate route
- Do exercises like jumping jacks, running in place, push away against the wall
- Allow child to complete work in different body positions (e.g., standing, kneeling, laying on stomach)

**Proprioceptive**
- Suck on hard candy or chew sticky, tangy, or sour edibles
- Do exercises like jumping jacks, running in place, push away against the wall
- Allow child to complete work in different body positions (e.g., standing, kneeling, laying on stomach)
- Provide crushed-ice, ice water

**Tactile**
- Lower room temperature
- Change pencil grips
- Provide crushed ice, ice water

**Auditory**
- Play lively music
- Take an alternate route

**Visual**
- Use bright, natural light or turn up lights
- Use brightly colored paper with window cut to read several lines of print through
- Take an alternate route