

Diagnostic Center Central

IF I'M SO SMART, WHY IS SCHOOL SO HARD?

Supporting Students with Asperger Syndrome in Elementary General Education Classrooms

Supporting Sensory Needs

Be a detective

Respect sensory differences

Experiment with sensory supports

We all have sensory "issues"...in many children with AS, the sensory issues may dramatically interfere with daily functioning

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RECOGNITION OF SENSORY NEEDS

Increase your awareness of student's sensory needs.
Learn what is:

- Helpful/calming/alerting
- Aversive/uncomfortable/disorganizing

Be a detective!



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RESPECT SENSORY DIFFERENCES

Take a second look at behavior:

- What role might sensory issues play?
- Reconsider the issue of "control."

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Calming Techniques

- Slow rocking or swaying – rocking chair, ball, in lap
- Fidget toys
- Lap "snake"
- Lavender, vanilla, banana or other soothing smells
- Sucking
- Bear hugs
- Reduced noise/lights

Experiment-
see what is
calming

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Calming Techniques

- Stretches
- Joint compression
- Deep-pressure massage – backrub with firm pressure
- Hideout, fort, quiet corner
- Quiet music with steady beat
- Finger hugs and tugs

Every
child is
unique

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Organizing Techniques

- Sucking – hard candy, curly straw
- Vibration – pillow, wiggle pen, toy massager
- Proprioceptive activities (esp. hanging, pulling, pushing and lifting)
- Adding rhythm to the activity
- Chewing, blowing
- Swimming

What works best with THIS child?

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Alerting Techniques

- Bright lighting and fresh, cool air
- Fast swinging
- Drinking ice water or carbonated drink
- Quick, unpredictable movement (mini-tramp, bouncing on ball)
- Misting cool water on face
- Cold water play

What works best?

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Alerting Techniques

- Loud, fast music and sudden noise
- Cause and effect toys with sounds and noises
- Strong odors (peppermint, air freshener)
- Visually stimulating rooms

WAKE UP!!!

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