

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

RECOGNITION OF SENSORY NEEDS

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

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

Be a detective!



RESPECT SENSORY DIFFERENCES



Take a second look at behavior:

- What role might sensory issues play?**
- Reconsider the issue of “control.”**

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**

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

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?**

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?

Alerting Techniques

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

