



Learning Services

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UNIVERSAL SENSORY STRATEGIES (SCHOOL TOOLS)

Alternate/dynamic seating options:

- Movin' sit (wiggle) wedge for chairs and disc cushions for carpet time
- Zuma rocker chairs
- Hokki stools or Kore wobble stools (ensure adequate trunk control; consult OT if needed)
- Exercise balls (ensure adequate trunk control; consult OT if needed)
- Standing desk
- Backjack chairs for carpet
- Howdahug chairs for carpet
- Stadium chairs for carpet

Fidgets

Theraband/exercise band tied around classroom chair legs

Theraputty

Weighted lap pad 2-3lbs (not to exceed 5% of child's body weight)

Isometric exercises

Heavy work jobs and errands

OT-SPECIFIC STRATEGIES:

Requires consultation with your school OT prior to use with student

The following strategies have safety implications and require OT assessment to determine appropriateness of strategy. Protocols for use and training of staff will be provided by the OT.

These specialized strategies include:

- Indoor swings
- Brushing and Joint Compressions
- Weighted Items (*exception lap pads and weighted backpacks under 3lbs)
- Compression Vest/Garments

IMPORTANT: This handout outlines sensory strategies only; please note there are a number of other services that require OT input (eg. lifts and transfers, specialized equipment, feeding protocols, etc.).