

UNIVERSAL SENSORY STRATEGIES – “SCHOOL TOOLS”

DOES NOT require OT involvement prior to use with student

Examples of universal alternate/dynamic seating:

- [Wiggle wedge](#) for chairs and [disc cushions](#) for carpet time
- Rocking chairs ([Analogy/Zuma](#))
- [Wobble stools](#) (ensure adequate trunk control; consult OT if needed)
- [Exercise balls](#) (ensure adequate trunk control; consult OT if needed)
- Standing desks
- Floor chairs for carpet time ([Backjack/Karma/stadium seat](#))
- [HowdaHUG](#) floor chair for carpet
- [Bouncy Band](#)
- Beanbag chairs

Other examples of universal sensory tools:

- Fidgets (*teach: “tool not a toy”)
- [Thera putty](#)
- Lycra tunnel/[body sock](#)
- Weighted lap pad or backpack $\leq 2\text{--}3\text{lbs}$ (not to exceed 5% of child’s body weight)
- [Deep pressure activities](#) including hands on “squishes” (with parent & child consent)
- [Heavy work activities](#) (OT website has classroom, hallway & other options)
 - [Heavy work for the mouth](#)
 - [Isometric Exercises](#)

OT-SPECIFIC STRATEGIES

REQUIRES consultation with your school OT prior to use with student

The following strategies have **safety implications** that **require OT assessment** to determine suitability. IF deemed appropriate, your school OT will provide **training** to ensure **staff implement** applicable OT **protocols** safely and effectively. These specialized strategies include:

- Indoor swings
- Brushing and Joint Compression Protocol
- Weighted Items $\geq 3\text{lbs}$ (ie. vests, lap pads, blankets)
- Compression Vest/Garments

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