

## Organising and Alerting Strategies

Child's Name:

Date:

Organising and alerting activities can help any child who is either over or under-active become focused and attentive. These activities are particularly useful during transitions in the school day and a lot of them are great as a whole class activity!

### **Deep Pressure Touch:**

- Vibration – use vibrating wiggle pen (see equipment list)
- Place hands on the child's shoulders or head (in neutral position) with safe, firm pressure.
- Child sits on own hands

### **Heavy Work:**

- Magic room – with arms extended and palms flat push the walls of the room to “make the room bigger”.
- Chair push-ups – sitting on standard class chair, hold onto sides of chair and lift bottom off chair. Hold position and count. This is a great whole class activity.
- Stand in door frame and “push out” the sides.
- Monkey bars – hanging and swinging from bars is great.
- Push open heavy doors.
- Carry books against body hugging to chest, i.e. carry books/objects to office/from class to class
- Place chairs on desk at end of day.
- Erase or wash chalkboard/wipe board/desk.
- Help move gym mats in P.E.

### **Movement:**

- Take movement breaks to stand up and stretch between classroom activities.

### **Rhythm:**

- Marching from one room to another
- Marching and clapping to music