

## Sample Sensory Program At School

Deep pressure and proprioceptive activities are organizing to the system and can promote attention to classroom tasks:

- Lay on a beanbag with a weighted blanket .
- Roll over with a large sensory ball 10 time
- Sandwich between two beanbags and gently add pressure for 2 minutes
- Lay in prone on a bean bag chair and roll ball over top of student, applying pressure for 20 reps
- Wheel barrel walking/standing (hold student by his ankles and have him walk forward on both hand or just push up with straight arms)

The above activities should be done first thing in the morning and/or before tasks requiring attention