

Classroom Strategies: Alerting

To facilitate engagement and attention:

- Encourage frequent movement breaks
- Use Move 'N Sit cushions or inflated wedges; they offer the opportunity for dynamic sitting
- Repeat directions; provide multi-sensory input when providing directions (i.e., firmly touch shoulder while providing verbal instruction)
- Use strong scents or tastes such as mint to alert students
- Encourage proper upright posture for good looking and listening
 - “Drumming”
 - Fast, disjointed and rotational movement
 - Music with irregular beat
 - Light touch activities
 - Bright lights, lots of visual input
 - Lots of opportunities for movement and change of positions
 - Foods with strong flavors
 - Intense aromas
 - Alerting activities - jumping jacks, shake outs, marching and other movement activities
 - Have child change positions frequently - may even allow working in prone on the floor
 - Keep environment stimulating