

T.I.P.S.

Therapist Inspired Practical Solutions

DIY (Do It Yourself) Classroom Therapy Supplies:

✓ **Weighted Lap Pad** (Deep Tactile/Proprioceptive input):

1. Find or purchase a neoprene laptop cover (can be found at 5 Below)
2. Fill with 2 small bags of rice (keep the rice in the bags)
3. Zip shut and Viola!



✓ **Move 'N Sit Cushion** (Movement):

1. Find or purchase a beach ball (can be found through Oriental Trading or Dollar Store during spring/summer seasons)
2. Inflate 1/3 of the way. It doesn't take much air!
3. Place on the student's chair as a Move 'N Sit Cushion.



✓ **Quiet Hand Fidget** (Tactile Input):

1. Find or purchase a strip of adhesive Velcro.
2. Ask student which texture he prefers (the scratchy loops or softer hook side).
3. Cut a 6" strip of the Velcro.
4. Attach underneath the desk or to the sides of the chair.
5. Instruct the student to rub the Velcro if he/she needs to keep their hands busy while listening in class.
6. Alternative: Use adhesive Velcro dots or small strips and attach to the top of pencils to rub.



✓ **Mesh Back Rest** (Facilitates upright posture and allows for movement):

1. Find or purchase a mesh back rest (can be found at the Dollar Store).
2. Attach to the back of students chair.
3. Instruct students to gently press against it with their back if they are feeling fidgety.
4. Great for older students who want to blend in!



✓ **Pencil Grip** (facilitate tripod pencil grasp):

1. Find or purchase small binder clips (can be found at Dollar Stores or office supply stores).
2. Attach the binder clip to the base of the pencil (where the wood meets the color of the pencil).
3. Keep the binder clip's "wings" up.
4. Instruct student to place his/her index finger in between the "wings" of the clip and use his/her thumb and middle finger to hold the sides.
5. Practice writing!

