

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!



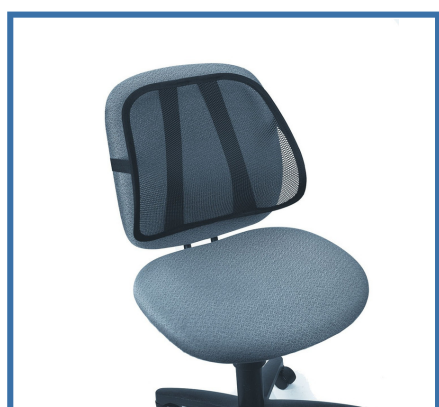
Move 'N Sit Cushion (Movement):

- 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!