



WHOLE CLASS STRATEGIES

ALERTING

Wake Up Strategies

To facilitate engagement and attention:

- Encourage frequent movement breaks
- Use Move 'N Sit cushions or inflated wedges; they offer the opportunity for dynamic sitting
- 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
- Fast, disjointed and rotational movement
- Music with irregular beat
- Light touch activities
- Bright lights, lots of visual input
- Opportunities for movement and change of positions
- Foods with strong flavors as a snack
- Intense aromas
- Alerting activities - jumping jacks, shake outs, marching and other movement activities
- Have child change positions frequently - for example: working in prone on the floor
- Keep environment stimulating
- www.gonoodle.com for brain breaks