



WHOLE CLASS STRATEGIES

ORGANIZING SENSORY ACTIVITIES

Encourage students to try:

- Yoga poses, such as downward dog, tree pose, and mountain pose
- “Warm Ups”
 - *Rub your hands together and then cover your ears; rub your hands together and then cover your eyes; rub your hands together and warm up other body parts for work*
- Exercise Wheel or Dice - different activity on each part or spin or roll for
- Sorting objects at least two ways (use 10-15 objects per bag)
- Practice motor planning skills through gross motor games like Simon Says, Hokey Pokey, and playground games
- Isometrics:
 - Squats
 - Push and Pull Hands
 - Stretching
 - Wall, desk, chair, or floor push ups
- Heavy Work Chores:
 - Sleep
 - Wash windows
 - Wipe tables
 - Erase boards
 - Move furniture
 - Rearrange desks
 - Stack Chairs