

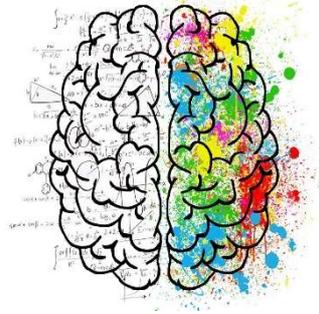


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NEURODEVELOPMENTAL TEAM

ACTIVITIES TO ASSIST WITH SENSORY MODULATION FOR OLDER CHILDREN



Sensory modulation refers to the brain's ability to respond appropriately to the sensory environment and to remain at the appropriate level of arousal or alertness.

It helps us to be alert and control behaviour. Children/young people with processing difficulties often have difficulties with staying in a calm, or in an alert state. They tend to appear to have difficulties with focusing and attending and can sometimes look withdrawn, or alternatively be constantly "on the go".

Activities that provide sensory feedback to the deep muscles may assist in increasing alertness and aid attention and concentration. Within the classroom trial the following:

- ✚ To increase alertness for activities that requires attention and concentration, before the lesson encourage the young person to engage in deep pressure activities, i.e., push-ups on the floor or against the wall or to attend exercise sessions at the Gym
- ✚ Before the child has to sit for long periods of time (if age appropriate) encourage the child to engage in activities such as running, jumping, dancing, marching
- ✚ To increase alertness whenever possible provided the young person with regular movement breaks throughout the day. Engaging in activities that requires pushing/pulling and carrying heavy items will sometimes assist in increasing alertness and concentration
- ✚ Within the classroom (if permitted) trial chewing gum or drinking water from a sports bottle as this may aid in increasing alertness, attention and concentration
- ✚ Place feet flat on the floor and push your feet hard against the floor.
- ✚ If appropriate, place hands under the seat of chair and pull up
- ✚ If permitted, fiddling with therapeutic putty/blue tack and fidgets may also aid attention and concentration and increase alertness.
- ✚ If appropriate trial a move n sit cushion (ensure that the cushion does not overlap the seat of the chair and that the child can place their feet flat on the floor or a step.

The above are a number of suggested activities aimed at the development of increasing alertness to aid concentration. I am certain that you will develop lots of your own ideas to develop this sense.