

Props for a Calmer Classroom

Tere Bowen-Irish OTR/L (may be used for instructional purposes)



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- **Theraband**
- **Theraputty**
- **Neck pillows or weighted blankets**
- **Frequent movement breaks**
- **Transition bridges in between subjects**
- **Opportunity to let information sink in**
- **A well-modulated rate and pace**
- **Fidgets, headphones, earplugs, visors, whisper phones, eSee-N-Read**
- **An executive space to work quietly or to get away**
- **Music**
- **Acknowledge that 100% attention isn't realistic**
- **Respect for sensory needs of all people and each person's neuro-diversity**
- **Opportunity to change positions while working**
- **Pulse learning**
- **Multi-sensory approach to learning**
- **Environmental factors such as lighting, noise level, distractions, etc.**
- **A balance of a predictable routine combined with novel approaches to gain attention or teach a concept**