

Easy Modifications for Sensori-motor Functioning

To reduce/control auditory input

- ✓ Place tennis balls on chair legs (including those in rooms above)
- ✓ Allow the individual to wear earphones or earplugs whenever he/she feels overwhelmed by auditory input.
- ✓ Announce loud/aversive noises (when possible)
- ✓ Provide seating away from sources of noise
- ✓ Allow access to quiet work spaces as needed
- ✓ Use background music, noise machine, or fan to modulated impact of unexpected noises
- ✓ Minimize background conversation.

To reduce/control visual input

- ✓ Use natural, incandescent, or full spectrum lighting (not fluorescent)
- ✓ Provide blank space somewhere in the room
- ✓ Provide clutter-free workspaces
- ✓ Provide frames for visual attention(overhead projector, easel against solid background)
- ✓ Provide ample “white space” on graphic organizers, worksheets, etc.

To reduce/control tactile input

- ✓ Provide setting away from high-traffic areas
- ✓ Allow the individual to move from one place to place at low traffic times
- ✓ Avoid light touch, unless the individual states that this is manageable
- ✓ Avoid physical contact as a method of behavioral regulation
- ✓ Be flexible about clothing (especially collars, zippers, and other stiff materials)

To reduce/control olfactory input

- ✓ Limit the use of scented products
- ✓ Honor the individual’s statements about smells in eating areas

To reduce/control gustatory input

- ✓ Beware of load associated with certain textures
- ✓ Provide an array of healthy foods, even if the individual does not taste them.

To enhance registration/integration of proprioceptive input

- ✓ Utilize “heavy work” during breaks throughout the day
- ✓ Place therapy bands on the legs of chairs
- ✓ Provide access to weighted beanbags, vests, “lap snakes”, etc.

To enhance registration/integration of vestibular input

- ✓ Provide opportunities for movement throughout the day
- ✓ Provide alternative seating (either to increase or decrease input)
- ✓ Allow window seats in moving vehicles
- ✓ Present visual information on a slant board

