**SISS Autism team School Visit Sheet**

These are informal working notes between School and SISS

**Sensory ideas for physical feedback**

**Vestibular: Hyper-responsiveness (avoids motion, fears unstable surfaces etc)**

* Skipping
* Prone activates with arms supporting the upper body at the shoulders and elbows
* Slowly adding activities in the quadruped positioning
* Adding a support for jumping, hopping, balance activities
* Crawling
* Walking
* Sliding
* Rolling
* Being pulled on a blanket or sled (indoor works, too!)
* Throwing bean bags at a target
* Throwing/catching a ball
* Movement obstacle courses
* Wheelbarrow races

**Vestibular: Hypo-responsiveness (craves movement, constantly fidgeting etc)**

* Therapy ball
* Fidget tools
* Cushion or partially deflated beach ball on the floor under feet at a desk or chair.
* Tie therapy band (TheraBand) or a resistive cord around the legs of a student’s chair for use as a foot fidget
* Provide appropriate play-based opportunities for movement needs (sit and spin toy, see saw toy, rocking chair, trampoline)
* Weave vestibular input throughout the day and prior to fine motor/visual motor activities
* Ensure the feet touch the ground or have support when seated in a chair or on the toilet

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**Sensory ideas for physical feedback**.

**Proprioception: body awareness**

* Trampoline, running
* Weighted blanket, vests, lap strap
* Punch bag/pillow
* Bat and ball- hitting against the wall
* Football- kicking against the wall
* Hand pushes
* Head compressions
* [Chair push ups](http://sensory-processing.middletownautism.com/best-practice-sensory/resources/#chair-pushes)
* Squeezing a stress ball
* [Wall pushes](http://sensory-processing.middletownautism.com/best-practice-sensory/resources/#wall-pushes)
* Push ups
* Lifting weights e.g. tins, books, dumbbells
* Jogging on the spot
* Running
* Star jumps
* Play dough
* [Bouncing on therapy/exercise ball](http://sensory-processing.middletownautism.com/best-practice-sensory/resources/#peanut-roll)

**Oral:**

* Blowing bubbles
* Blow football i.e. blowing cotton wool along a table to score goals
* Drinking through a straw of bottle with a sports cap
* [Chewing food or appropriate object e.g. chewy tube](http://sensory-processing.middletownautism.com/best-practice-sensory/resources/#oral-motor)
* Playing a wind instrument
* Blowing up a balloon
* Drinking a thick liquid through a straw e.g. milkshake, yoghurt, custard