

ADVICE SHEET

10 Alerting Strategies

- 1. Trampoline jump:** Jumping on the trampoline is a fantastic way to increase blood flow and attentiveness.
- 2. Drink water:** Water wakes up our bodies. If a child doesn't like water plain water, try flavoured water. Drinking through a straw adds even more sensory input.
- 3. Dance and move:** Children love to dance, and it is great for getting hearts pumping. There are fantastic websites with music and organized dances that help structure this activity and support control.
- 4. Oral stimulation:** Chewy sweets (& gum), mints, or lollipops provide alerting input. This may support a child who constantly chews on his or her clothing and pencils. It may even help a child who talks excessively.
- 5. Exercise ball:** Bouncing on an exercise ball provides stimulation.
- 6. Lighting:** Turn up the lighting to give the visual system a jolt.
- 7. Scents:** Citrus and mint scents are typically alerting. Wearing scented lotions around a child can provide them with this input, as well as candles or warmers at home.
- 8. Exercise:** Any type of exercise is alerting. Structure a routine with visuals or use a website with structured movement songs. Setting up an obstacle course is a fun way to add this movement to the day.
- 9. Wobble cushion:** A wobble cushion provides tactile input as the child sits. These are great for use at carpet time or at the dinner table.
- 10. Bare feet:** So many children with autism love to be shoeless. One reason may be the tactile input received from our bare feet. Feeling the cold, hard tile or going out after a rain and stepping in puddles is a fun way to gain this input.



