

ADVICE FOR MOVEMENT SEEKERS IN THE CLASSROOM - OLDER CHILDREN



DESCRIPTION

This advice is general and will need to be adapted depending upon the age of the child/young person. However, the principles remain the same.

HELPFUL HINTS

- Sitting near the front in class will reduce visual distractions.
- A regular change of position can help them to maintain their attention.
- Try a short walk around the class and then sitting down again. Classroom chores may be appropriate.

- Have a box of fine motor activities that they are allowed to go to during transitions between lessons or classrooms
- Provide as many opportunities as possible for active work during the day e.g. instead of sitting to do Math have the child do the problem on the board.

TO REDUCE MOVEMENT WHEN SEATED:

- Provide a solid seat with armrests of the correct height. Ensure their feet can comfortably reach the floor.
- Encourage them to work on an angled surface such as a tilted desk top, angle board or lever arch file. This will help them to maintain an upright posture.
- Provide 'heavy work' activities during the day and in preparation for those tasks which require long periods of sitting. Examples of heavy work are listed at the end of this programme.

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- Providing a fidget toy to keep their hands busy. These can be used at their desk so as not to distract other children.
 - Provide a 'move and sit' cushion which allows them to have the sensation of movement in a more appropriate and less distracting way for the classroom environment. (These are available from places such as www.specialdirect.com or www.sissel.com)
 - During P.E use upper limb weight bearing activities which help to encourage calm but alert levels of attention.
3. Wash desks or the dry wipe board.
 4. Help rearrange desks in the classroom
 5. Fill crates with books to take to other classrooms Teachers could ask students to move these crates back and forth as needed.
 6. Sharpen pencils with a manual sharpener.
 7. Staple paper on to the wall for wall displays and bulletin boards.
 8. Have students push against the wall.
 9. Use squeeze toys that can be squeezed quietly on the students lap or under the desk so that the student does not disturb the class. E.g. a fidget toy.
 10. Do chair push ups.

ADDITIONAL HEAVY WORK IDEAS FOR TEACHERS:

The following suggestions are activities that provide heavy work for students. All of the activities are 'naturally occurring' activities. This means that they can be easily incorporated into the student's daily routine within the school environment.

1. Place chairs on desks at the end of day or take them down at the beginning.
2. Clean the dry wipe board.