

TOP 15 SENSORY STRATEGIES FOR HOMEWORK!!

The sensory strategies below apply to ALL children, and are of utmost important for sensory kiddos. After a long challenging day at school, the last thing a child needs is homework....but since we can't do anything about that part, we should do what we can and provide sensory solutions to help make the homework process easier. **Two things to keep in mind:** 1) the brain and nervous system are still sorting out and processing all of the multi-sensory input from the school day, so insisting on homework to be complete the minute a child gets home is probably the worst thing you can do for the brain. 2) It is critical to give the brain time to sort out and decompress, THEN re-boot the brain by sensory activities to maximize attention to task, executive functioning and cognition, and to make the homework process efficient and a success.

- Give the child a break! At least 30 minutes of free sensory play when they arrive home from school, and this does not count screen time!
- During the 30 minute break, offer various sensory activities, primarily vestibular and proprioceptive. Wall handstands, jumping up and down the stairs, swinging and wheel barrow walk are all good choices.
- Also suggest resistive sucking and blowing games prior to homework such as blow a cotton ball down the hall, or blowing bubbles outside.
- Offer a crunchy or chewy snack during homework or drinking something resistive through a straw, such as a smoothie or even yogurt or pudding. Popcorn, pretzels or a bagel are also good choices.
- Offer chewing gum during homework or another oral sensory tool.
- Be sure homework is complete in a quiet area, not in the kitchen or living room...unless you can be sure it will be quiet and distraction free.
- Allow the school work to be done on a clipboard while sitting in a small tent or in another sensory retreat with adequate lighting.
- Offer earplugs or noise cancelling headphones during homework (even when in a quiet place) as the sound of the fan or noises outside can be enough to disrupt sensory processing for those who have difficulty filtering out auditory input.
- Try using vertical surfaces for any written homework, such as an easel or even taping the work to a flat surface on the wall. You can also encourage using a chalkboard to dry erase board for working out math problems and such.
- Use an indoor or outdoor swing or mini trampoline for working on memory type homework such as studying for a test or for studying a spelling list.
- Use a ball chair instead of a standard chair
- Another alternative is laying prone on elbows for working on homework, especially when reading
- Never allow homework to be done with the TV on in the background
- Offer tools such as a weighted lap pad or vibrating pillow to be used during homework
- And offer a fidget toy for the other hand