

OT Top Tips

For supporting Neurodiversity in the classroom.

RAISE THE AWARENESS OF SENSORY PROCESSING DIFFERENCES

- Learn about your own sensory preferences and differences to others
- What textures sounds and smells do you like / dislike

SAFETY AND RELATIONSHIP BUILDING

- Discuss what feels safe / comforting (e.g. blanket / toy / small space)
- Allow extra time to build secure relationship
- Observe how child indicates feeling comfortable and secure.

USE AN OCCUPATIONAL THERAPY ENVIRONMENTAL AUDIT

- Provides a baseline to reflect and develop class and school practice

BE CONSISTENT AND PREDICTABLE

- Daily routines, clear communication, awareness of child's need for preparation

REASONABLE ADJUSTMENTS

- Awareness of environmental adaptations, sensory strategies, use of sensory tools for the individual.

INDIVIDUAL PLANS

- Sharing knowledge of child's individual plans eg flight plans, safe spaces

UTILISE SPACE

- Have areas where child can physically move around and fulfil sensory needs

COLLABORATIVE AND INCLUSIVE PLANNING

- Involve students and the wider team

MOVEMENT

- Get the body ready for learning
- Use calming sensory systems



DON'T IGNORE THE CORE

- Practise activities that strengthen the core – not purely the specific fine motor movement.



The Owl Centre



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