



A Sensory Life

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Make Recess a Priority

- ✓ RECESS is CRUCIAL and should never be used as a discipline tool.
- ✓ Recess should not be taken away; the recess/muscle break is what is going to help the child self regulate, attend, and focus in the classroom.
- ✓ Students who are deprived of recess can become sensory starved. With the regular and frequent muscle breaks, the brain has the sensory diet/nutrition it needs to focus and attend in the classroom as well as improve behavior in the classroom.
- ✓ Encourage monkey bars, just simply hanging in place provides much needed proprioception to the joints of the entire body.
- ✓ Encourage hanging upside down on a safe low bar on the playground, if the child is able, hanging from legs without support OR hanging from legs with hand support on the ground.
- ✓ Climbing slides is excellent proprioception!
- ✓ Be sure to watch the children who are on your sensory radar, as they may just be wandering around out on the playground and not getting the necessary sensory input the playground can offer, encouragement and guidance may be needed.
- ✓ Indoor recess in the gym on rainy or extra cold days can still meet the sensory needs... possibly scooter board activities, basketball, hanging from chin up bar, crab walking or wheelbarrow races, etc.

For Further Information Visit: ASensoryLife.com

