



A Sensory Life

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Sensory Tips for Standing and Walking in Line at School

- For a child who struggles with tactile defensiveness (does not like to be touched or bumped), have the child stand at the front or the rear of the line. This will decrease the chances of being bumped by 50%.
- Prior to having the class stand in line, engage in a movement break or heavy/hard work break...such as stretching exercises, animal walking, jumping jacks, wall push ups or chair push ups, etc.
- Right before leaving the classroom while standing in line...have the children sing a fun song where clapping, stomping, etc is involved...this will help get the wiggles out and will provide a nice dose of sensory input prior to the walk down the hall. Try to keep the song and movements the same each day, so this can be a very familiar routine for the children and promote self-regulation.
- While walking and standing in line encourage deep breathing, having the teacher leading the activity.
- Since it is typically required for children to be kept quiet in line, refrain from having the children keep their mouths closed (such as “zipping the lips closed” or “puffing out the cheeks”) as this hinders normalized breathing. This in turn can backfire on the nervous system and self-regulation and is especially difficult for children who struggle with motor planning and body awareness.
- Allow for chewing gum during the time spent in line. Also allow for the use of fidget toys or Theraband® while walking to help children keep their hands to themselves.
- Refrain from having children walk with hands behind their backs, crossing over in front of them, or in their pockets. This can create a true balance and motor planning issue for some children, which in turn will cause more loss of balance and more bumping in to one another.
- Do not rush the children into line, as this will create a sense of dysregulation and sensory overload for many children. It is so important to manage your time wisely so these sensory techniques can be put in place prior to standing and walking in line. It can make all of the difference in the world.

For Further Information Visit: ASensoryLife.com

