



Level 01



Sensory Sensitivities in the Classroom

Level 02

Sensory Preference Assessment (Direct Observation or structured assessments or questionnaires, such as the Sensory Profile or the Sensory Processing Measure)



Create a Sensory Friendly Environment



Level 03

Hypersensitive (Over-responsive)



Hyposensitive (Under-responsive)



Is the Sensory Friendly Environment satisfying the student's sensory needs? Yes or No



Level 04

Tactile/Touch Sensitivity



Auditory Sensitivity



Visual Sensitivity



Smell Sensitivity



Taste/Texture Sensitivity



Vestibular Sensitivity



Proprioceptive Sensitivity



Interoceptive Sensitivity



YES

NO

Level 05

Provide fidget tools, Encourage use of gloves/ comfortable clothing

Provide a variety of textures, Encourage messy play

Provide noise-cancelling headphones, Create a quiet environment

Use a variety of sounds in activities, Provide musical instruments

Dim lights, Limit exposure to strong colors/patterns

Use bright colors, Incorporate visual aids

Limit exposure to strong smells, Use unscented products

Use scented markers, Incorporate smell into learning

Introduce new foods gradually, Respect food preferences

Incorporate different tastes in diet, Encourage exploration of new foods

Limit exposure to high movement activities, Provide seating options

Encourage movement activities, Incorporate swings/balance boards

Provide weighted blankets, Offer chances for deep pressure activities

Encourage heavy work activities, Use squeeze toys

Teach mindfulness techniques, Encourage regular breaks

Encourage physical activity, Teach body awareness activities

Review and Adjust when Necessary



Implement Sensory Breaks and Involve Occupational Therapist



Level 06

Implement Regular Sensory Breaks Appropriate for Sensory-avoiding Individuals



Implement Regular Sensory Breaks Appropriate for Sensory-seeking Individuals



Are the Sensory Breaks and Sensory Diet satisfying the student's sensory needs? Yes or No



Level 07



Review with Occupational Therapist and Adjust when Necessary

YES

NO

Level 08

Review and Adjust when Necessary



Adapt Teaching Methods



Level 09

Involve Occupational Therapist, Review and Adjust

