



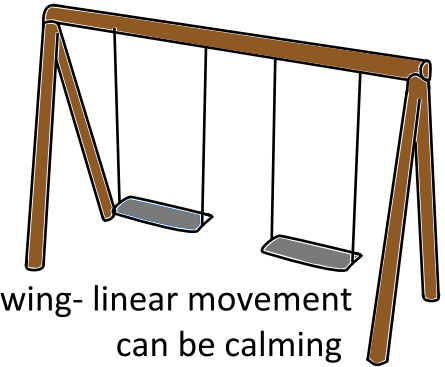
ear defenders



noise cancellation
head phones (block
out specific frequencies)

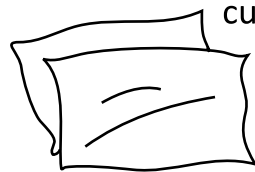
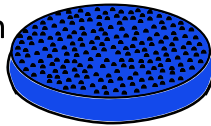


spinning
office chair
for
movement



swing- linear movement
can be calming

Sit-n-move
cushion



cushions
for
relaxing



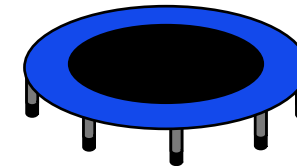
gas bar
stool
for
movement



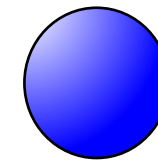
listening to music
to chill out

Sensory Strategies

For students with autism



mini trampoline



gym ball for
vestibular input
and balance



heavy
backpack



hoodies can
reduce auditory
& visual input

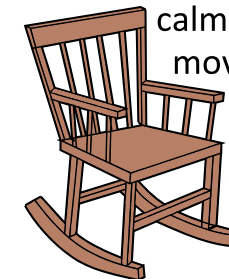


extra tip- try putting
weights in the pockets



weighted vest
for deep pressure

rocking chair for
calming linear
movement



lifting heavy objects
gives deep pressure
input (proprioception)

Curriculum
for
Autism

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