

Classroom accommodations for sensory processing challenges

Explore these common classroom accommodations for sensory processing challenges. They can help kids at school – and even at home.

Classroom planning, schedules, and routines	<ul style="list-style-type: none">• Have a consistent daily routine.• Give advance notice when the routine changes.• Use brain breaks throughout the day.• Set up a clear start and end time for tasks.• Post visual schedules, directions, to-do lists, and classroom rules where students can see them.• Use visuals with pictures of sensory input choices.
Building self-regulation skills	<ul style="list-style-type: none">• Provide a quiet work space or “calm down” area.• Seat the student away from doors, windows, and noisy lights.• Let the student try alternative seating.• Let the student work in a different position.• Provide tools like a weighted lap pad, weighted vest, or air-filled cushion.• Provide earplugs or noise-muffling headphones.• Allow the use of sensory tools, like a stress ball.• Have chewing gum available.• During group seating, let the student sit on a carpet square, in a beanbag chair, or in a chair.• Let the student move as needed within an outlined area.• Allow the student to ask for breaks.• Give warnings about planned loud noises like fire alarms.• Create a plan to handle sensory triggers.
Giving instructions and completing assignments	<ul style="list-style-type: none">• Reduce the need for handwriting.• Allow extra time for writing.• Let the student use speech-to-text software.• Reduce the amount of information on a page.• Provide colored overlays for reading.• Use manila folders as visual screens.• Offer pencil grips, slant boards, and bold or raised-line paper for writing.• Allow the student to listen to music.