

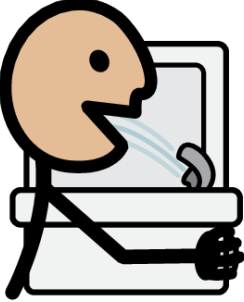

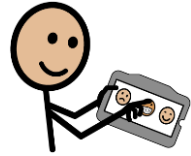
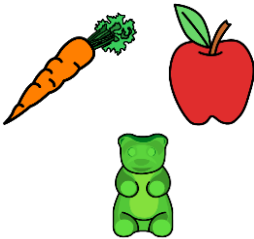

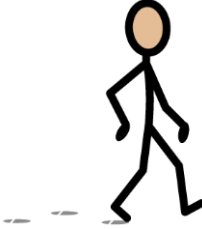


Strategies for Home and the Classroom: Kids that are overwhelmed

<p>Visual timers or schedules/lists</p>  <p>SCHEDULE 1. bus 2. reading 3. math 4. lunch 5. recess</p> <p>A visual timer showing a red wedge on a circular scale from 0 to 60 minutes.</p>	<p>Headphones</p> 	<p>Go get a drink</p> 	<p>Soft/rhythmic music</p> 
<p>Decrease talking</p>  <p>(use pointing and gestures to communicate when appropriate)</p>	<p>Crunchy or chewy snacks</p> 	<p>Deep hugs</p>  <p>(squeeze your arms)</p>	<p>Remove from irritating environment until calm</p> 

* These strategies are general and not specific to any student. If you have specific questions or concerns please contact the Occupational Therapy Department.