



**8 senses: Hearing, Taste, Vision, Smell, Touch, Vestibular, Proprioception, Interoception**

In-depth sensory training is available. Please contact me if you're interested!

Part 1: Could this be more than being "naughty"?

Distinguishing sensory dysregulation from poor behavior.

Part 2: Punish? Ignore? Hug?

How to effectively address sensory behaviors when they disrupt the classroom.

# Build movement into EVERYTHING you do!

- Movement options INSIDE the classroom (not just the gym or playground)
- Independent movement options (so you don't need to be the one setting up the task)
- Structured movement (not hyperactive!)
- Heavy work (pushing heavy cart, soft weights, weighted stuffed animals, etc.)
- Make your fine motor tasks vertical

Hello Song: <https://www.youtube.com/watch?v=fN1Cyr0ZK9M>

*My Stroke of Insight* by Jill Bolte Taylor

<https://www.amazon.com/My-Stroke-Insight-Scientists-Personal/dp/0452295548>

Adhesive Magnetic Squares:

[https://www.amazon.com/dp/B0CNS57QCZ?ref=cm\\_sw\\_r\\_cso\\_cp\\_apin\\_dp\\_018TS43TQDM8AN7JHT14&ref=cm\\_sw\\_r\\_cso\\_cp\\_apin\\_dp\\_018TS43TQDM8AN7JHT14&social\\_share=cm\\_sw\\_r\\_cso\\_cp\\_apin\\_dp\\_018TS43TQDM8AN7JHT14&starsLeft=1&skipTwisterOG=1](https://www.amazon.com/dp/B0CNS57QCZ?ref=cm_sw_r_cso_cp_apin_dp_018TS43TQDM8AN7JHT14&ref=cm_sw_r_cso_cp_apin_dp_018TS43TQDM8AN7JHT14&social_share=cm_sw_r_cso_cp_apin_dp_018TS43TQDM8AN7JHT14&starsLeft=1&skipTwisterOG=1)

Magnetic Board:

[https://www.amazon.com/dp/B09QD1BT65?ref=cm\\_sw\\_r\\_cso\\_cp\\_apin\\_dp\\_BN9N0X0WETPF9970QCKZ&ref=cm\\_sw\\_r\\_cso\\_cp\\_apin\\_dp\\_BN9N0X0WETPF9970QCKZ&social\\_share=cm\\_sw\\_r\\_cso\\_cp\\_apin\\_dp\\_BN9N0X0WETPF9970QCKZ&starsLeft=1&skipTwisterOG=1&th=1](https://www.amazon.com/dp/B09QD1BT65?ref=cm_sw_r_cso_cp_apin_dp_BN9N0X0WETPF9970QCKZ&ref=cm_sw_r_cso_cp_apin_dp_BN9N0X0WETPF9970QCKZ&social_share=cm_sw_r_cso_cp_apin_dp_BN9N0X0WETPF9970QCKZ&starsLeft=1&skipTwisterOG=1&th=1)

Weighted ball:

[https://www.amazon.com/STOTT-PILATES-Merrithew-Toning-Ball/dp/B000EMRT1M/ref=sr\\_1\\_2?crid=1CACF4LD5DELL&dib=eyJ2IjoiMSJ9.8rTtlwHfEL3SXIR\\_OJ-sAahK6UGgIYUfYKgoBovNuGSZGYNZ4WCL6FdsVIXQ3BfzhHvZVhZy1NfzDlzlUrg7qcrLQs3Z-vY69blcnTXvRHbUZ3GmK24AGusvj9owj7aKhRjALUq4GfSe0\\_cJSt9MV\\_QKknHaZETwNm0mSEKxfytMlej2EWy28FBF9tcat\\_tlaUQT7-sBqnTbttJeld6\\_ijymaE\\_6dlhHDI5D44D\\_XGKojyStediR12tK45nPBjVm\\_VsqxwllJAKlc6AdY0lt8AmiAKtOHscWgWmzEZhAc.rjFBH8CWy6M7bzP7WclbgWMwkl6ACA14muGc9WPV1po&dib\\_tag=se&keywords=merrithew%2Bball&qid=1729196399&sprefix=merrithew%2Bball%2Caps%2C162&sr=8-2&th=1](https://www.amazon.com/STOTT-PILATES-Merrithew-Toning-Ball/dp/B000EMRT1M/ref=sr_1_2?crid=1CACF4LD5DELL&dib=eyJ2IjoiMSJ9.8rTtlwHfEL3SXIR_OJ-sAahK6UGgIYUfYKgoBovNuGSZGYNZ4WCL6FdsVIXQ3BfzhHvZVhZy1NfzDlzlUrg7qcrLQs3Z-vY69blcnTXvRHbUZ3GmK24AGusvj9owj7aKhRjALUq4GfSe0_cJSt9MV_QKknHaZETwNm0mSEKxfytMlej2EWy28FBF9tcat_tlaUQT7-sBqnTbttJeld6_ijymaE_6dlhHDI5D44D_XGKojyStediR12tK45nPBjVm_VsqxwllJAKlc6AdY0lt8AmiAKtOHscWgWmzEZhAc.rjFBH8CWy6M7bzP7WclbgWMwkl6ACA14muGc9WPV1po&dib_tag=se&keywords=merrithew%2Bball&qid=1729196399&sprefix=merrithew%2Bball%2Caps%2C162&sr=8-2&th=1)

Stepping Stones (these are different than what was in our class):

[https://www.amazon.com/XIAPIA-Promoting-Childrens-Coordination-3pcs/dp/B0D7Q67RNL/ref=sr\\_1\\_57?crid=JH1S200I05HS&dib=eyJ2IjoiMSJ9.glqkFQeVnrnJMoNgSJH7w5Ryje6f5Vr6i65b0gGa\\_hdoyzumy\\_njul\\_96RzxMPR0Zeb9YY8vh25aRI\\_4bcMUs4KnieAa4Cyx0opAvgTy8tFS03QiZoj\\_hDOrVyj9xxUhAAOlqw3jnrLyASyueAFteFcg3ilabPXdExURYJck\\_ZiZZcA856xGCgB3tQCZWaM8QSj72L1yHlgoKT2AltbaMtPXSpR\\_DljvxRR07TBnSlomwtOxQ\\_2O2vBr7-5fUSGHMqAg0L2cXVTuWDTpDnKFP1vbLXiwFgV6Q3U6upjklqY.Elu\\_1kS3FvvZf23IFX4L843BNxbqz2-mKhs7pxAi7yg&dib\\_tag=se&keywords=stepping+stones+for+kids&qid=1729315794&sprefix=stepping+stones+for+k%2Caps%2C139&sr=8-57](https://www.amazon.com/XIAPIA-Promoting-Childrens-Coordination-3pcs/dp/B0D7Q67RNL/ref=sr_1_57?crid=JH1S200I05HS&dib=eyJ2IjoiMSJ9.glqkFQeVnrnJMoNgSJH7w5Ryje6f5Vr6i65b0gGa_hdoyzumy_njul_96RzxMPR0Zeb9YY8vh25aRI_4bcMUs4KnieAa4Cyx0opAvgTy8tFS03QiZoj_hDOrVyj9xxUhAAOlqw3jnrLyASyueAFteFcg3ilabPXdExURYJck_ZiZZcA856xGCgB3tQCZWaM8QSj72L1yHlgoKT2AltbaMtPXSpR_DljvxRR07TBnSlomwtOxQ_2O2vBr7-5fUSGHMqAg0L2cXVTuWDTpDnKFP1vbLXiwFgV6Q3U6upjklqY.Elu_1kS3FvvZf23IFX4L843BNxbqz2-mKhs7pxAi7yg&dib_tag=se&keywords=stepping+stones+for+kids&qid=1729315794&sprefix=stepping+stones+for+k%2Caps%2C139&sr=8-57)

Bilibo Wobble Seat: <https://www.amazon.com/MOLUK-4K-Moluk-Bilibo-Blue/dp/B000UEQI1G>

Padded Swivel Seat Cushion:

<https://www.amazon.com/Drive-Medical-Deluxe-Swivel-Cushion/dp/B002VVK1PE>

Scooter Board:

[https://www.amazon.com/hand2mind-Scooters-Equipment-Elementary-Activities/dp/B015DY2QNQ/ref=sr\\_1\\_5?crid=48G22NXYLBRQ&dib=eyJ2IjojMSJ9.golW33lowhKXXF0HGp kjBwYvpCRxiS\\_yei0KiRffm1Rr2iYLpjPFWIEfr8nRfvZZDcHVGwtr8cXV2V0InT9FDalPgwYb4F9S5G57ke6weE 8ylTDeje9y-eahfM-sd\\_48BVKRBKqox\\_dUuoPdD5fqLKMcrIrxJ26eZYNkA32xbXTMzZ2W\\_MepXOhXA-bVXFpn4cZDpTWHk2-A5I1S6mmjFMEGEzbUTzOj4lWVGZgivVKGZCQy0va3izP71lIkDBeq\\_1S-nAlfxuaWNbtclJwNjBctpF3l1hTTL0KNn0cpKlik.1eiVPdZiF-v5Y\\_gVaKxq8JFcw9pOfO1exjFB7-CbTo&dib\\_tag=se&keywords=scooter%2Bboard&qid=1729315921&sprefix=scooter%2Bboard%2Caps%2C119&sr=8-5&th=1](https://www.amazon.com/hand2mind-Scooters-Equipment-Elementary-Activities/dp/B015DY2QNQ/ref=sr_1_5?crid=48G22NXYLBRQ&dib=eyJ2IjojMSJ9.golW33lowhKXXF0HGp kjBwYvpCRxiS_yei0KiRffm1Rr2iYLpjPFWIEfr8nRfvZZDcHVGwtr8cXV2V0InT9FDalPgwYb4F9S5G57ke6weE 8ylTDeje9y-eahfM-sd_48BVKRBKqox_dUuoPdD5fqLKMcrIrxJ26eZYNkA32xbXTMzZ2W_MepXOhXA-bVXFpn4cZDpTWHk2-A5I1S6mmjFMEGEzbUTzOj4lWVGZgivVKGZCQy0va3izP71lIkDBeq_1S-nAlfxuaWNbtclJwNjBctpF3l1hTTL0KNn0cpKlik.1eiVPdZiF-v5Y_gVaKxq8JFcw9pOfO1exjFB7-CbTo&dib_tag=se&keywords=scooter%2Bboard&qid=1729315921&sprefix=scooter%2Bboard%2Caps%2C119&sr=8-5&th=1)

Teeter Totter / Stairs combo:

[https://www.amazon.com/Simplay3-Sided-Teeter-Totter-Bridge/dp/B07DNGJ8RR/ref=sr\\_1\\_4?crid=3DLZUR1A329JI&dib=eyJ2IjojMSJ9.N9kMsUZEvGCsrbnhc2MBA JWPb2jbkkoTqCC04AlgOUDZKU4KyJY9A1Ihlg0jBp2v2lIk6VWEm4CSOQOI588Njfw5XPMR\\_eqMywwrS75m rCyKWdJGNoedjTA2c80DVO1\\_-EJwMDCl1NFmT6W39NkRA9Eh7lfSmK8aHehQ0EkOXG2XSIRUSjSns8W67K-rUAvGB6GioitK5mW8VvSnsmkJkZi-85H8Klr\\_XQ5eg0g5VuRA8YK3t8B9X6uHKoZ\\_eLo3Y\\_6w0k7i0T1yolEZFshl-CKGfBLwhEM\\_BRAO6PbHSI.aEoJ5FlpTil1Y8UbySFi0qlW0F5RGvxVzg4P1oJQgoQ&dib\\_tag=se&keywords=preschool+classroom+stairs&qid=1729316100&sprefix=preschool+classroom+stairs%2Caps%2C110&sr=8-4](https://www.amazon.com/Simplay3-Sided-Teeter-Totter-Bridge/dp/B07DNGJ8RR/ref=sr_1_4?crid=3DLZUR1A329JI&dib=eyJ2IjojMSJ9.N9kMsUZEvGCsrbnhc2MBA JWPb2jbkkoTqCC04AlgOUDZKU4KyJY9A1Ihlg0jBp2v2lIk6VWEm4CSOQOI588Njfw5XPMR_eqMywwrS75m rCyKWdJGNoedjTA2c80DVO1_-EJwMDCl1NFmT6W39NkRA9Eh7lfSmK8aHehQ0EkOXG2XSIRUSjSns8W67K-rUAvGB6GioitK5mW8VvSnsmkJkZi-85H8Klr_XQ5eg0g5VuRA8YK3t8B9X6uHKoZ_eLo3Y_6w0k7i0T1yolEZFshl-CKGfBLwhEM_BRAO6PbHSI.aEoJ5FlpTil1Y8UbySFi0qlW0F5RGvxVzg4P1oJQgoQ&dib_tag=se&keywords=preschool+classroom+stairs&qid=1729316100&sprefix=preschool+classroom+stairs%2Caps%2C110&sr=8-4)

Gaming Chair (rocking):

[https://www.amazon.com/Furniture-51206-Classic-Rocker-Racing/dp/B001T4XU2G/ref=sr\\_1\\_4?crid=BVL0DO4IE9YM&dib=eyJ2IjojMSJ9.-g1d1Di\\_FsSgG2Cjy0sHy7ULHtEtmKkfjB1XkT3GbQIAX-oqMl0nF2UZLkPzV7Igzgo1oBHUjGv9ZhpUb011jBuGyDjhb6fW6jyWSZ1Llu4cMCLhDd2JBDQWF8oQTZAe vEB7\\_kRGaetkCSgMkLAjvl-\\_MjmHW3jwAtfs1cmSiEvrOnT4A8YGc8kd3FjCz4eGUZv7BkghdeGm08END2TK\\_zrmChBtFuwgBrElvWggg4\\_1utpVmgQor0ajO8jp0Rjad2jn4u2eLEdhcgvomjcl-bInTQ5NMHWXt9X-rRRS7g.cYj-ezXY31bGc20Ude-XV6-3b\\_PETq0gofguxnga6F0&dib\\_tag=se&keywords=gaming+chair+floor&qid=1729317498&sprefix=gaming+chair+floo%2Caps%2C118&sr=8-4](https://www.amazon.com/Furniture-51206-Classic-Rocker-Racing/dp/B001T4XU2G/ref=sr_1_4?crid=BVL0DO4IE9YM&dib=eyJ2IjojMSJ9.-g1d1Di_FsSgG2Cjy0sHy7ULHtEtmKkfjB1XkT3GbQIAX-oqMl0nF2UZLkPzV7Igzgo1oBHUjGv9ZhpUb011jBuGyDjhb6fW6jyWSZ1Llu4cMCLhDd2JBDQWF8oQTZAe vEB7_kRGaetkCSgMkLAjvl-_MjmHW3jwAtfs1cmSiEvrOnT4A8YGc8kd3FjCz4eGUZv7BkghdeGm08END2TK_zrmChBtFuwgBrElvWggg4_1utpVmgQor0ajO8jp0Rjad2jn4u2eLEdhcgvomjcl-bInTQ5NMHWXt9X-rRRS7g.cYj-ezXY31bGc20Ude-XV6-3b_PETq0gofguxnga6F0&dib_tag=se&keywords=gaming+chair+floor&qid=1729317498&sprefix=gaming+chair+floo%2Caps%2C118&sr=8-4)