Resource 11

**Alerting Sensory Activities  
for the Classroom**

**Vestibular**

* Take an alternate route
* Do exercises like jumping jacks, running in place, push away  
  against the wall
* Allow child to complete work in different body positions (e.g.,  
  standing, kneeling, laying on stomach)

**Proprioceptive**

* Suck on hard candy or chew sticky, tangy, or sour edibles
* Do exercises like jumping jacks, running in place, push away  
  against the wall
* Allow child to complete work in different body positions (e.g.,  
  standing, kneeling, laying on stomach)
* Provide crushed-ice, ice water

**Tactile**

* Lower room temperature
* Change pencil grips
* Provide crushed ice, ice water

**Auditory**

* Play lively music
* Take an alternate route

**Visual**

* Use bright, natural light or turn up lights
* Use brightly colored paper with window cut to read several  
  lines of print through
* Take an alternate route

**Introduction to Autism** <https://apps.missouristate.edu/education/projectaccess/workshop%20resources/Intro%20to%20Autism%20Resources/Resource_11_Alerting_Sensory_Activities_for_the.pdf>