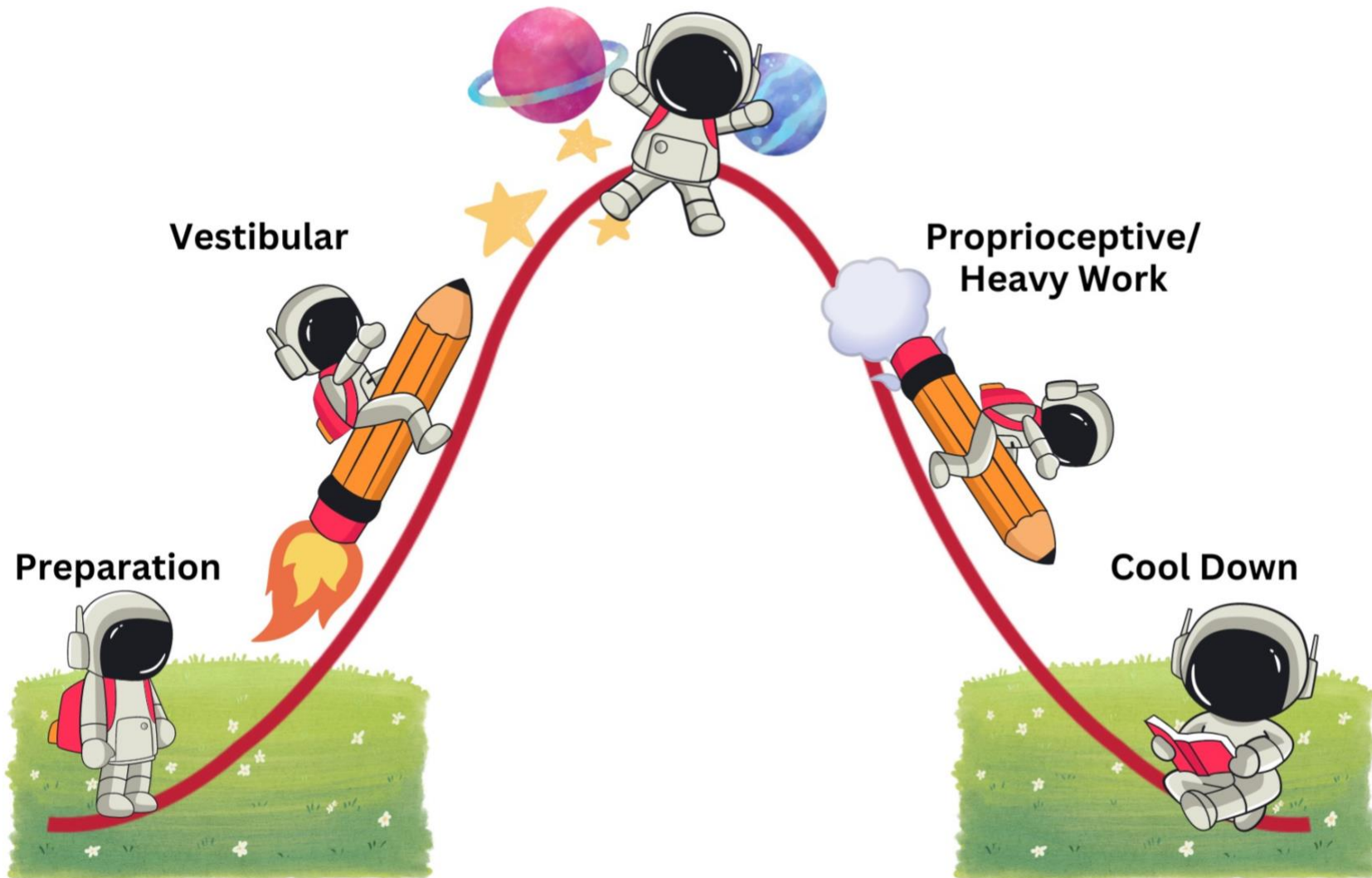


What Goes Up Must Come Down!



Think about a sensory routine as a rocket blasting off into space, then coming back down to earth. It's important that we don't leave off in the middle of outer space.

How to Structure Heavy Work in a Sensory Routine

At school, heavy sensory input for the whole class can be incorporated at regular intervals during the day or implemented when they might need it most:

- Prior to engaging in a focused task, lesson, or assignment.
- After coming in from recess when students are elevated.
- At the end of regularly scheduled “movement breaks”.

Phases of a Sensory Routine and Recommendations for Implementation			
	When/How Long?	Goals	Recommendations for Implementation
Preparation	1-2 minutes	Prepare students for the activity	<ul style="list-style-type: none"> • Decide on a simple signal or schedule to signal the start of a sensory routine break. • Routine for positioning students in the classroom (E.g., stand up silently, put away chairs, stand arms length away)
Exercise – <i>Vestibular</i>	3-5 minutes	Alerting, energizing movements.	<ul style="list-style-type: none"> • May already be achieved through recess break, guided movement breaks and dance videos.
*Exercise – <i>Proprioceptive (Heavy Work)</i>	3-5 minutes	Movement to regulate, calm and encourage a “ready-to-learn” state	<ul style="list-style-type: none"> • Provide clear, concise instructions. • Create safety rules. • Structure exercises supervised by teacher, encouraging moderate to sustained exercise. • Uses deep pressure and heavy work activities.
Cool Down	1-2 minutes		<ul style="list-style-type: none"> •

