

OT TIP OF THE WEEK



Emotional Awareness starts in the body

- Sensations come before emotions
- The first step is noticing what is felt in the body (internally and externally)
- Tactile exploration helps students learn: "I like this / I don't like this"
- This builds foundations for emotional regulation
- Tactile exploration also supports students who are:
 - Tactile defensive (gradual exposure, builds tolerance)
 - Under-responsive (increases awareness of sensation)

Birch class strategies...

- Model first: "soft... wet... crunchy"
- Let students choose how to engage (look, touch, smell) with no pressure
- Notice and name responses: "You didn't like that", "it's soft", "you didn't like that"