

OT TIP OF THE WEEK



Meeting sensory needs while learning

Engaging hands, bodies and brains to support learning

For students with sensory processing, attention or motor differences, multi-sensory learning can increase engagement, support sensory regulation, improve memory, reduce the demands of writing, make learning more fun.

Examples to try:

- Spell words with putty, playdough or pipe cleaners
- Write words in foam or sand
- Build words with Lego or blocks
- Place letters, numbers or facts around the room to find
- Use different surfaces and materials such as paint or chalk
- Body-spell using whole body movements to make letter shapes

Key message: Support both learning and sensory needs at the same time by incorporating more sensory experiences into learning