Vestibular System
◆ Detects changes in movement and direction of movement
◆ Simple solutions for Teachers
  • sit on a ball chair, wiggle seat or beach ball
  • two tennis balls on diagonal feet of a chair
  • provide movement breaks
◆ Simple Solutions for Parent
  • trampoline
  • swings
  • bike riding
  • car rides
  • avoid arousal prior to bedtime – (slow calming movement prior)

Proprioceptive System
◆ perceives contraction, stretching and compression of muscles and tendons
◆ Simple solutions for Teachers
  • weighted lap bags
  • beanbag chairs
  • hugs (child initiated)
  • heavy work opportunities
  • weighted vest
◆ Simple solutions for Parents
  • swimming
  • karate
  • climbing
  • sandbox play
  • cleaning
  • wearing lycra
  • carrying groceries

Tactile System
◆ gives us information about light touch, pain, temperature and deep pressure touch
◆ Simple solutions for Teachers
  • hand fidgets
  • sensory tables
  • finger paints in a zip lock bag
◆ Simple solutions for Parents
  • purchase tag less clothing or cut tags from shirts
  • massage scalp before hair cuts
  • use a weighted vest at the dentist
  • soak nails in warm water and compress prior to cutting
  • use t-shirt sheets and snug pajamas
  • pet cat or dog

Visual System
◆ includes acuity, ocular motor, visual motor and visual perception
◆ Simple solutions for Teachers
  • decrease wall decorations
• adjust classroom lighting
• book easel
• window guide for reading
• decrease copying from the board
• use colored overlays across the page while reading
• use wiki sticks around the edge for coloring
◆ Simple solutions for Parents
  • eye exam by an optometrist
  • screen height of t.v. or computer
  • playing catch

Auditory System
◆ hears and interprets sounds
  • enables people to localize sound, attend to/listen to what is going on around them and discriminate between sounds
◆ Simple solutions for Teachers
  • headphones or ear plugs
  • simplify language when giving instructions
  • giver verbal warning before loud sounds like fire drills
◆ Simple solutions for Parents
  • play soft music at mealtime, homework or bedtime
  • have children play in another room when you are vacuuming or doing loud activities

Motor Planning
◆ act of executing newly learned motor action, relying on multiple sensory systems
◆ Simple solutions for Teachers
  • allow students frequent opportunities to practice fine motor and large motor skills
◆ Simple solutions for Parents
  • encourage child to practice newly learned motor skills

Olfactory System
◆ chemical receptors with direct neuronal connections to limbic systems (responsible for emotional memory)
◆ Simple solutions for Teachers
  • kool-aid scented playdough
  • add peppermint oil to finger paints
  • use scented markers
◆ Simple solutions for Parents
  • scented bath soaps, lotions and air fresheners

Taste/Oral Tactile System
◆ registers different tastes such as sweet, sour, salty and bitter and textures such as gummy, chewy, stick and crunchy
◆ Simple solutions for Teachers
  • chewing gum
  • non-edible chewing items
◆ Simple solutions for Parents
  • try a variety of food with different tastes and textures
  • vibrating toothbrush
  • use a straw to drink