

Workshop Content*

- ❖ Understand Sensory Processing
- ❖ Recognize Sensory Behaviors
- ❖ Identify Red Flags
- ❖ Setting up Supporting Environment
- ❖ Modifying Activities
- ❖ Communicating with Staff and Families



* Workshops are custom-tailored to meet the needs of each individual program or agency

EDUCATIONAL CONSULTATION

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Sensory Development: Challenges & Opportunities in the Classroom

Educator Workshop

*Meeting the Sensory Needs of
Children in a Preschool
Environment*

Hadas Mizrahi, MA
Child Development Specialist

What is *Sensory Awareness in the Classroom*?

Sensory Awareness in the Classroom is an interactive workshop for professionals working with children, such as preschool directors, teachers, school psychologist, and parents.

Participants will learn about typical vs. atypical sensory processing patterns emphasizing the relationship between sensory processing and child development.

This workshop provides tools for identifying challenging sensory behaviors and practical methods for meeting the sensory needs of children.



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What are the Tools Provided?



Participants are provided with valuable *red flags* checklist to help identify children with atypical sensory patterns



Practical methods for meeting the sensory needs of children in the preschool environment including ideas to modify the environment, curriculum and activities

Why *Sensory Processing*?

- ❖ Productive reception, organization and interpretation of sensory input are key determinants to social, emotional, cognitive, and motor development.
- ❖ A child's ability to integrate and regulate sensory information is directly related to school readiness and academic success.
- ❖ Sensory concerns are often displayed in children with a variety of learning and behavioral challenges (Autism, ADHD, Learning Disabilities, etc.)



Weighted Lap Pillow

Helps sensory seekers sit for longer periods during learning time



What you need:

- Pillow case
- 1 bag of rice (5-10 lbs.)

Fill your pillow case with rice (amount depending on the age and size of child: it needs to be significantly heavy but manageable). Sew it to close.

Use your creativity when choosing the type of fabric, patterned material, etc.

The same idea can be used with a stuffed animal (take out the soft material and replace with rice or beans).

Stuffed snake can be used to put light pressure on shoulders.

Small fidget items can be also helpful for elementary children.

All you need is a balloon/ sock and rice/beans.

Find one in your goody bag 😊

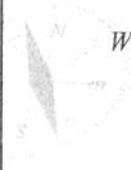


Sensory Awareness in the Classroom

Hadas Mizrahi, MA

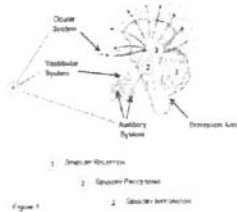
What Really Works in Education

March 22, 2013

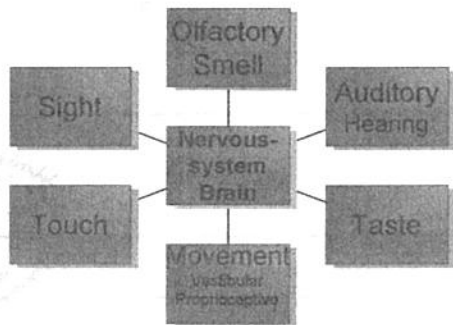


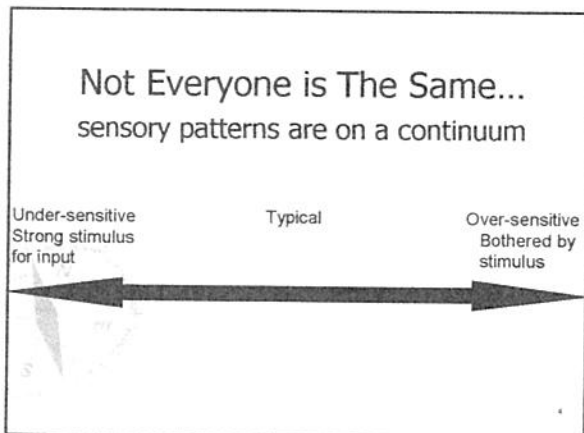
Making sense of the world: Processing of sensory input

Sensory processing refers to how the nervous system and the brain receive, organize and interpret sensory input.



The Senses





Sensory Integration Can Influence
Development and Skill Building

- ▶ Social-emotional, Physical, Cognitive,
Language and Speech
- ▶ Attention and self-regulation
- ▶ Academic performance (reading, writing, math)

Sensory Processing Disorder: SPD

"A person with SPD finds it difficult to process and act upon information received through the senses, which creates challenges in performing countless everyday tasks. Motor clumsiness, behavioral problems, anxiety, depression, school failure, and other impacts..."

www.spdfoundation.net

Sensory sensitivity & Sensory avoiding

► **Touch:**
Behavior
*avoid group social interactions and group play
*avoid touching materials
*taking off shoes

Techniques for the inclusive classroom
*identify play area
*assign private sitting spot for group time
*utilize child's favorite toys to promote exploration

Sensory sensitivity & Sensory avoiding


Auditory
Behavior
*covering ears
* Making noises and humming

Suggestions
*honor quiet play
*provide head-phones to buffer the noise
*play even tempo music
*

Movement

Behaviors
*Poor motor planning (falling, clumsy, bumping against objects)
*Breaking pencils or crayons/ poor motor ability
*Avoiding PE, running, swinging, riding bikes
*Difficulty with transitions

Suggestions
*cue before transitions/ predictable routines
*specific activities during transitions
*Grip tools/ fine-motor practice



Sensory Under-Responsivity: Sensory seeking behaviors

- ▶ Have short attention span/Difficulty with task completion
- ▶ Excessive climbing, swinging, and jumping
- ▶ Chewing on shirt or inappropriate items
- ▶ Excessive hugging, bumping, leaning against, or pushing people



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SUGGESTIONS FOR SENSORY SEEKERS

- ▶ Heavy Work Activities
- ▶ Carry books/ buckets (full)
- ▶ Place/stack chairs on tables
- ▶ Paint while on hands and knees
- ▶ Sharpen pencils with manual sharpener

Movement Breaks



Bean Box



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Low Registration

Observed behaviors:

- ▶ Have short attention span
- ▶ Poor motor skills
- ▶ Might appear un-interested

Technique:

- ▶ Place toys in harder-to-get places
- ▶ Mirrors at floor level
- ▶ Add texture to handles and surfaces
- ▶ Clean toys with scented cleaners
- ▶ Speak and touch to get attention

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