

Occupational Therapy

Student Services Centre

Lord Selkirk School Division

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Sensory Strategies for Bolting

Bolting can arise from either sensory seeking or sensory overload. For a sensory seeker, running provides a great deal of sensory stimulation. For a sensory avoider, bolting may serve to avoid or escape and overwhelming sensory environment. Before selecting and trialing strategies, it is important to think about which of these sensory functions the bolting behaviors serves for a particular student.

Strategies to Try	Report on Effectiveness of Strategy
Wear weighted back pack (no greater than 5% bodyweight) when walking in hallway, outings, situations prone to wandering/bolting	
Wear weighted belt, vest or pressure vest ** Please contact occupational therapist for medical clearance	
Joint compressions ** Please contact occupational therapist for training	
Provide regular opportunities for heavy work breaks (i.e. 1x am, 1x pm), particularly prior to situations prone to wandering/bolting	
Whole body deep pressure activities (bean bag or mat sandwich) and/or therapy ball massage, particularly prior to situations prone to wandering/bolting ** Please contact occupational therapist for training	
Create calm area in classroom or school	