

Occupational Therapy

Student Services Centre

Lord Selkirk School Division

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Sensory Strategies for Students with Busy Hands

Students who display lots of fidgeting with their hands or frequent pinching, hitting or flapping are often seeking tactile input. They may also be seeking deep pressure input, which is very calming for the nervous system.

Strategies to Try	Report on Effectiveness of Strategy
Heavy hand work activities (theraputty, playdough, pop bubble wrap, smooth wood with sandpaper, using hole punch or stapler, etc.)	
Hand massage	
Finger joint compressions ** Please contact occupational therapist for training	
Wear wrist/forearm weights for periods of 20 minutes	
Tactile play activities (sensory bins with objects buried in beans, rice, sand etc.)	
Desk Buddy , Busy Fingers , or velcro strip on underside of desk	
Trial a variety of hand-held fidgets	