

## Occupational Therapy

### Student Services Centre

Lord Selkirk School Division

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## Sensory Strategies for Students with Poor Personal Space and/or Body Awareness

When students demonstrate difficulties with personal space/body awareness, that often means that their brain is not receiving complete information from their bodily senses about where their body is. Providing students with increased input to their joints and muscles can help to decrease inappropriate seeking behaviors and increase body awareness.

Strategies to Try	Report on Effectiveness of Strategy
Weighted lap animal or weighted vest for 20-30 minute intervals during seated work ** Please contact occupational therapist to obtain medical clearance for vest	
Body sock and/or sensory tunnel for whole body resistance	
Provide regular opportunities for heavy work breaks (i.e. 1x am, 1x pm)	
Regular opportunities for movement breaks	
Whole body deep pressure activities (bean bag or mat sandwich) and/or therapy ball massage ** Please contact occupational therapist for training	
Joint compressions ** Please contact occupational therapist for training	