

Occupational Therapy

Student Services Centre

Lord Selkirk School Division

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Sensory Strategies for Students who Squirm or Have Difficulty Staying Seated

Typically, students who demonstrate excessive squirming or the inability to stay seated have sensory systems that crave or require additional movement and bodily feedback to accurately sense where their body is in space. Incorporating additional movement into the day can help decrease this behavior.

Inflatable seat cushions, sitting discs or partially inflated beach ball or bathtub head cushion	
Bouncy band , Foot Fidget , or theraband for chair/desk legs	
Standing desk	
Chairs that allow for movement (i.e. Zuma, Wobble, Ball Chair etc.) **Please note these are not optimal for use during fine motor/printing tasks	
Weighted lap animal or weighted vest for 20-30 minute intervals during seated work ** Please contact occupational therapist for medical clearance	
Turn chair backwards to allow front torso to lean onto back of chair	
Check for optimal ergonomic seat/desk height	
Incorporate regular heavy work into student's schedule (i.e. 1x in am, 1x in pm)	
Increase opportunities for whole class movement breaks	