

Occupational Therapy

Student Services Centre

Lord Selkirk School Division

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Sensory Strategies for Students with Visual Sensitivities

Students who present with watery eyes, squinting etc. typically have visual perceptual sensitivities and their visual system can become easily fatigued. Adaptations to decrease visual input and help relax their eyes can help reduce these symptoms.

Strategies to Try	Report on Effectiveness of Strategy
Use of transparent colored overlays for handouts and reading (light/pastel pink, green or blue)	
Print worksheets on pastel colored paper (light pink, blue, green)	
Use of EZC reader strips OR use of yellow/blue transparent ruler to guide in line reading	
Fluorescent light filters and/or use of lamps with full spectrum bulbs to reduce use of overhead fluorescent lighting	
Provide calm area in classroom with reduced lighting to provide breaks from fluorescent lighting	
Reduce visual input in the classroom as much as possible (i.e. reduce bright colors and laminated materials on walls, opt for natural or lightly/pastel colored borders, posters etc., cover visually busy shelving with sheets or curtains when not in use etc.)	