

Classroom ideas that can be integrated throughout the day:

To provide opportunities for movement, deep pressure, physical strengthening and improving self-esteem with the children you are concerned about - give them opportunities to shine! Ask them to help you to:

- Get the PE equipment ready
- Lead the class to the hall or back and encourage them to push open all the doors along the way.
- Wipe the blackboard, whiteboard, help put up posters, open blinds, curtains etc. especially above shoulder height.
- Help carry piles of books, toys etc. You may want to put these into a container to avoid the risk of things sliding around/ getting dropped etc.
- Reach up for equipment such as balls/bats for P.E. that are above shoulder height.

Important; Although all these ideas are great as they all include inherent weight and resistance, it is important that the child is not felt that they are being “picked on!”. Staff should be vigilant for any signs of reluctance or comments from other children. Done skilfully these can be just what the child needs – a chance to be picked first and trusted!