

IN A PINCH: QUICK OPTIONS FOR COMMON CLASSROOM CHALLENGES

Behavior	Try This	Why
Child is always bored and says so freely	One-on-one time	Build a relationship to determine best strategy
Children who love to wrestle	Wall Push-Ups	Heavy work and joint compression help focus for academics
Class clown/class interrupter	Brain Wizard Job Cards	Brings out the leadership skills and encourages appropriate participation
Cries when has to write	MM for Fine Motor	Reduces stress and improves hand function
Difficulty copying from the board	Quadrant Taps	Improves far to near focus and strengthens focusing eye muscles
Difficulty hearing sounds in words	Heavy Work Blending Bands	Using motor memory helps children differentiate sounds
Difficulty settling in for an activity	Heart to Home	Gives the child a sense of where they are in space so they can be more present
Difficulty with transitions	Transition activity	Planning ahead so the child knows what is coming next makes transitions easier
Disorganized, edgy, comes unglued easily	Dots & Squeezies (10/7s)	Calms most children (unless tactile defensive)
Group is sleepy, child is droopy	Rhythm Tapping	The upbeat tapping on the body awakens the group/child
Group is stressed before taking a test	Mirror Me Moves	Calming music and slow movement helps quiet the nerves and enhances breathing
Group needs to focus and take a quick break	Chair Lifts	Strengthens core and gives a quick break; can recite spelling words or math facts
Halted reading	Rapid Naming Dot Card	Practicing daily before reading may increase processing speed
Hanging from the rafters after upbeat activity	Minute Moves for Calming	All the moves bring children back to a focused state of learning
Letter reversals in reading or writing	Midline activities	Improves directionality skills
Minimal hearing impairment	Heavy Work Blending Bands	May have difficulty hearing speech sounds so a kinesthetic approach may help
Needing a quick time out to regain control	Pretzels	The body position and tongue at the roof of the mouth is quieting for the child
Needs movement to learn	Wall Push-Ups w/academics	Gives children a chance to get up and move while still working on academics
Poor sense of personal space	Dots & Squeezies (10/7s)	Improves joint awareness and helps the child know where she/he is in space
Slouches in chair, difficulty sitting still	Core posture activities	Strengthening core helps children sit upright and focus easier
Slow fluency despite a lot of practice	Rapid Naming Card	Slow saccadic eye movement can keep children from making progress
Stressed out during timed tests/perfectionist	Heart To Home	Deep breathing calms the stress associated with test taking
Stuck and can't move forward on a task	Cross Crawls	Helps integrate both hemispheres of the brain for more fluid thought
Talking over the teacher	Listening Ears	Using movement instead of nagging reduces attention-seeking behavior
Test-taking stress	Figure 8's	Keeps children integrated and brain wired for testing while also reducing anxiety
Tripping over other children, clumsy	Dots & Squeezies (10/7s)	Improves joint awareness and helps the child know where she/he is in space
Turtle reading speed, inaccurate reading	Minute Moves for Vision	Improves tracking, convergence, and reduces head movements for reading efficiency
Upset at circle time	Calming Taps	Tapping at the beat of the heart is calming and increases feelings of safety
Verbally says, "This is stupid!"	Explain theory	Explain why the activity is effective and relate it personally to child's world
Writing with paper turned at midline	Midline Activities	Improves the ability to physically and visually cross the midline of the body
Writing without holding paper	Dots to non-writing hand	Awaken the awareness in the hand that is not holding the paper