

Sensational OT Tip of the Month

The Tired Child

Do you know children that ...

1. Lie on their desk, seem lethargic or daydream in class?
2. Every new motor activity seems effortful or tiresome?
3. Have difficulty engaging in physical activity?
4. Have a flat affect?
5. Seek out movement to stay awake?
6. Have a low energy level?
7. Are easily distracted or avoid work?

These children might have low arousal or may have trouble sleeping at night. They may be tired due to motor actions being difficult or not as automatic as expected for others. This makes each new activity at school very effortful! Arousal is the brains “level of alertness” to its surrounding environment. The tired child will have difficulty meeting the attention and motor demands of an activity. They may be slower to complete their school work.

Sensational Ideas for the Tired Child

1. Break down the task into more manageable parts
2. Use a wobble seat, stand or change positions frequently
3. Give frequent breaks (movement or “brain breaks”)
4. Use hand fidgets or a cold water bottle
5. Allow to chew gum or have sour, spicy or cold snacks to alert
6. Check with the parent to make sure the child is sleeping at night

Ask the occupational therapist at your school if you are interested in more information about the tired child.

For more information about sleep go to: <http://www.aota.org/-/media/Corporate/Files/AboutOT/consumers/Youth/BedroomroutineTipSheet.pdf>

For more tips go to www.cintiOTinstitute.com/privateschools

Ruble- COTI - 2015