

Sensational OT Tip of the Month

Muscle Tools

Do you know children that ...?

1. Struggle to pay attention and concentrate
2. Seem tired or are easily fatigued at school
3. Are constantly on the move, restless, or fidgety

These children might have difficulty finding the “just right” amount of **muscle work** to meet their sensory needs.

Muscle tools (also known as heavy jobs) may help children regulate their sensory systems throughout the day. They can be used to promote focus, attention, and knowing where their bodies are in space.

Sensational Ideas for Using Muscle Tools

1. Give children opportunities for movement breaks and muscle work (heavy jobs) before times of concentration (such as wall pushes or pull ups on a bar in gym class)
2. Have the child be a “teacher helper” to carry something to the office, move chairs within the classroom, wipe the board, or staple paper on the bulletin board
3. Take isometric exercise breaks

*Ask the occupational therapist at your school if you are interested in more information about **muscle tools**.*

For more information: <http://ezinearticles.com/?Heavy-Work-Activities-for-Proprioceptive-Input-in-the-Classroom---For-Kids-With-Sensory-Issues&id=4972964>
Building Sensory Friendly Classrooms by Rebecca Moyes

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