

# Sensational OT Tip of the Month

## Staying Alert

**Do you know children that ...?**

1. Are always on the move, restless, fidgety?
2. Look like they have “checked out” or are not able to focus?
3. Have difficulty staying awake, despite enough sleep?

**These students might have difficulty regulating their “engine speed”.**

Sometimes our engines go “too high”, “too low” or are “just right”. We learn and manage our behavior best when we are in the “just right” speed.

*“Self-regulation is the ability to attain, maintain, or change how alert one feels appropriately for a task or situation” (Williams & Shellenberger)*

## Sensational Ideas about Staying Alert

1. Help the child learn to label their engine speed and a tool to use to help him be “just right” for the activity.
2. Give movement breaks before times of heavy concentration
3. Have the child do a job that takes muscles like: move chairs, carry books.
4. Use a mouth tool like gum or a hand tool like a fidget
5. Sit on a “wobble seat” or use a weighted lap pad.

A fun book to read with your class is [Arnie and His School Tools: Simple Sensory Solutions That Build Success](#) by Jennifer Veenendall

For more information on the Alert Program go to:

<http://www.alertprogram.com/documents/Brief%20Overview%20of%20the%20Alert%20Program%20for%20Parents.pdf>

Go to [www.cintiOTinstitute.com/privateschools](http://www.cintiOTinstitute.com/privateschools) and scroll to the bottom left corner for more tip sheets. Go to [www.cintiOTinstitute.com](http://www.cintiOTinstitute.com) for information about COTI services.

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