


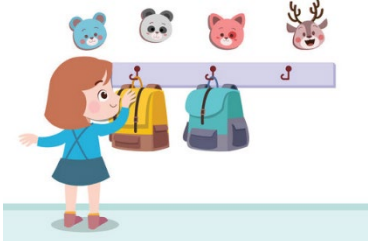








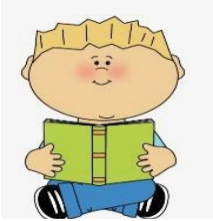






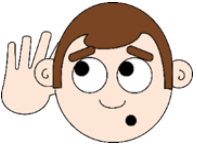







































MICHAEL'S VISUAL SCHEDULE

| | | |
|---|--|---|
| |  | <p>Go to classroom</p>  |
|  <p>Listen to Teacher</p> |  | <p>Hang backpack</p>  |
| |  | <p>Say Hello to Teacher</p>  |
|  <p>Listen to Teacher</p> |  | <p>Circle time</p>   |
|  <p>Listen to Teacher</p> |  <p>Before reading choose exercises 5 min below</p> <p>Reading time</p> |  |

| | | |
|---|---|--|
|  <p>Take off weighted backpack</p> |  <p>Play Outside Recess</p> |  |
|  <p>Put on weighted backpack</p> | <p>Line up – Back to Class</p>  | <p>Listen to Teacher</p>  |
|  <p>Listen to Teacher</p> | <p>MATH</p> |  |
|  <p>Listen to Teacher</p> | <p>Choose 5-10 minutes from the sensory Menu</p> <p>Writers Workshop/ Writing Activity</p> |  |
|  <p>Put on weighted backpack</p> |  |  |

| | | |
|--|---|---|
|  <p>Listen to Teacher</p> |  <p>Bathroom and wash hands</p> |  |
|  <p>Listen to Teacher</p> |  |  |
|  <p>Listen to Teacher</p> |  <p>Lunch</p> |  |
|  <p>Listen to Teacher</p> | <p>Circle Time</p>  |  |
|  <p>Listen to Teacher</p> |  <p>Freeplay And TableTop Toys</p> |  |

| | | |
|---|---|---|
|  <p>Listen to Teacher</p> |  <p>Wipe tables</p> |  |
|  <p>Listen to Teacher</p> | <p>PARSHA/ ALEF BAIS</p>  |  |
|  <p>Listen to Teacher</p> |  <p>Clean up</p> |  |
|  <p>Listen to Teacher</p> |  <p>Music</p> |  |
|  <p>Listen to Teacher</p> |  <p>Learning Circle Carpet/ Goodbye circle</p> |  |

Sensory Menu for Calming During the Day

It is recommended that throughout the day while walking use **MARCHING** and **STOMPING**, have Michael carry heavy books to different areas of the room as the teacher’s helper. He can wipe boards, transfer small manipulatives for sensory input and perform recommended OT exercises.

When sitting in group for academic lessons, have Michael use alternative seating such as bean bag chair or other sensory seating systems.

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|--|--|---|
| | | <p>Key Points</p> <ul style="list-style-type: none"> • Squat down like a frog • Jump as high as you can • Repeat this across the room |
| | | <p>Key Points</p> <ul style="list-style-type: none"> • Extend legs straight • Head down |
| | | <p>Key Points</p> <ul style="list-style-type: none"> • Bottom up for level stomach as the child is able • Feet under knees |
| | | <p>Key Points</p> <ul style="list-style-type: none"> • Start in downward dog • Walk hands out to plank • Walk feet up to downward dog |
| | | <p>Key Points</p> <ul style="list-style-type: none"> • Feet together • Hands to chest • Small jumps with both feet • Jumps with hands stationary |



**PERFORM A VARIETY OF PUSH-UPS/
WALL PUSH-UPS AND DEEP PRESSURE
EXERCISES (ANIMAL CRAWLS)**

| | |
|--|---|
| | <p>Grab one side of the back of the chair with both hands. Twist your torso as far as possible in that direction. Repeat on the other side.</p> <p>Repeat 5x2</p> |
| | <p>Grab each side of the seat. Push down on the sides to lift up and clear bottom from the chair 10x2</p> |
| | <p>Perform 20 seconds</p> <p>Repeat x4</p> |
| | <p>End with 10x2 palm presses</p> <p>Or squeeze therapy putty/ play dough</p> |



Look on Amazon for Sensory Box items, Walmart or Dollar store, OT will assist and teach use. Use during transition times and when student seems to need assistance with calming or alerting while at the desk.

Michael's Rewards Chart

Anytime Michael circles 3-5 smiley faces in a row, he can put an X the box below. 3 X's will earn him 5 minutes of an activity of choice when applicable— taking a walk, utilizing sensory toy box, playing with a toy from home.

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