



HOW TO SUPPORT AN 'ON THE GO' CHILD

Helpful for: Children who are fidgety / overactive, have attention/concentration difficulties, mouth objects

Classroom/environment modifications

- ❖ Seat the child at the front of the classroom to minimise distraction
- ❖ Reduce visual clutter on walls, tables and ceilings
- ❖ Enable access to a quiet work station
- ❖ Children having their own carpet squares during floor time
- ❖ Making sure the child's feet can easily touch the floor (minimises leg swinging and bottom shuffling)

Heavy work movement breaks are useful when a child begins to fidget

- ❖ Carrying heavy books to other classrooms
- ❖ Moving benches in the gym
- ❖ Handing out books/iPads in the classroom
- ❖ Handing out milk/fruit at lunch time
- ❖ Stacking chairs
- ❖ Pushing heavy doors

Heavy work, deep pressure and oral activities are useful when a child begins to fidget

- ❖ Marching on the spot
- ❖ Wheelbarrow Walks
- ❖ Chair Push-ups
- ❖ Hanging: Holding their body weight while hanging on climbing bars or sports equipment.
- ❖ Cover the child's body with cushions or beanbags and then gently press down. Or try wrapping them in a quilt or blanket, with the child's head sticking out.
- ❖ Work with the mouth:
- ❖ Sucking on sports water bottle
- ❖ Chewing on crunchy or chewy food (e.g. carrot sticks, pretzels, sweets)

