



# Along the Spectrum

## Tazewell Mason Counties Special Education Association

We hope your year is off to a great start! TMCSEA is offering several workshops to support you and your students with ASD. Many of you attended the Zones of Regulation workshop on September 10th. Susan Stokes will be here on October 19th to discuss strategies for using technology with lower functioning students and on October 20th she will present ways to foster independence for students in the general education classroom. Go to [www.tmcsea.org](http://www.tmcsea.org) to register for these events. While you are there, check out our [autism page](#) (under the District Services dropdown) for more great resources!

### ***Setting Up A Sensory-Friendly Classroom***

Students with autism often have sensory processing needs and this may present with very different challenges. However there are a variety of accommodations that will help most children with sensory processing disorders (SPD) and will probably help all of the children in your class to remain organized, focused and support them to complete activities. Many of the ideas and accommodations are adaptations and activities that you may already use with your class but the child with SPD may need a little more support or intensity to benefit from the activity.

#### **Environment**

- Limit wall/bulletin board décor
- No hanging objects or artwork from the ceiling
- Use light filters over existing lights.
- Create low light with lamps instead of overhead lights.
- Use natural light whenever possible.
- Clearly defined play and work area
- Adjust tables, desks
- Alternative seating
- Quiet area
- Designated place to sit on at circle time

#### **Equipment**

- Visual timers
- Visual schedules
- Floor time, bean bag chairs, "reading tent."
- Large therapy ball or disc-o-sit jr.® for children whom require extra movement or Weighted lap blanket/object
- Theraband tied under a desk for a child to push his/her feet against
- Study carrels for children who may need to decrease the amount of stimuli in their visual field

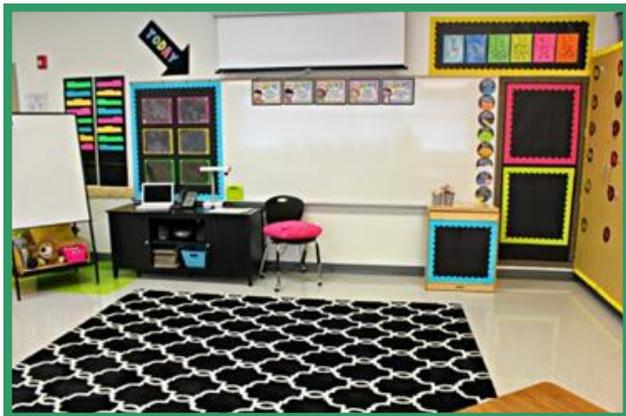
#### **Schedule/Routine**

- Have a clear and predictable schedule.
- Give warning before transitions
- Balance activity times- active/quiet, sitting/moving
- Use visual schedules



**Make Your Classroom  
Sensory Friendly**

# Classroom Setup Tips



Decreased amount of visual stimuli on walls  
Use of high contrast colors  
Color coded folders for finished work



Clearly defined play and work areas  
Quiet area  
Limited decorations



Close flap as each task is completed.



Alternative lighting (lamp)  
Natural light  
Alternative seating (cushions)



helpful  
**RESOURCES**

[Autism Lending Library—Setting up Classroom Spaces that Support students with Autism Spectrum Disorders](#)

[Sensory Integration: Tips to Consider](#)

[Apps for Regulation for Individuals with Autism or Sensory Processing Disorder](#)