Sensory Classroom Supplies

Fan (2) Preferably with noisy streamers attached noise makers (tambourines, new year’s

Feather duster (s) noise, bells, drums, etc)

air freshener smelly cheese

Broken, light colored crayons or chalk pieces

 tennis racquet with thin fishing line tied to it (to wave over student’s head to feel like spider webs)

Crumpled piece of paper (enough for 1 for each student)

Flashing light or disco ball type light

CD player or computer that can play CD

Spelling test paper (half sheet of paper with at least 15 lines)

Small pencils (golf pencils)

Volunteers to be annoying

**Process:**

The sensory classroom will be set up in advance. Classes will be told that they are going to attend a special classroom and participate in some typical 4th grade academic tasks. These tasks will challenge their senses. They are to do the best they can. Each of these tasks is voluntary and if at any time the student(s) feel so uncomfortable they don’t think they can complete it they can stop or step out in the hallway.

Once classes enter the room, students will be asked to switch their shoes so they are on the wrong feet. If they wear glasses they will be asked to turn them upside down. Each student will get a crumpled piece of paper put in the back of their shirt. I will then direct them to participate to the best of their ability in the tasks – trying to ignore any distractions that come their way.

The math lesson will be shown on the computer screen in a low light format with a grayscale background making it hard to read. Students will get paper and chalk and shown a timer. They will be encouraged to write the answer as quickly as possible. As the lesson continues, I will need other staff to create distractions such as making noise, tickling students with feather dusters, passing the stinky cheese around, spraying air freshener, etc. The more obnoxious the better but still allowing the students to work some.

The next activity will be a spelling test with extreme background noise. The words are mostly fourth grade words but this will be challenging. We will continue with the distracting activities although the audio is extremely distracting.

Debriefing – I will lead the debriefing discussion with the students talking about the experience. I will need someone to write their discussion down. My goal is to create a list students can use in class to help them be more compassionate toward others.