



{inclusion outreach}

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BOOSTING ALERTNESS

When we feel our energy getting low, we all use various forms of movement or sensory stimulation to increase our level of alertness. It may be unconscious (e.g. a subtle change of position or foot tapping) or conscious (e.g. a short walk, or a vigorous exercise program).

Here are some ways the team can help students maintain, or increase energy levels and attention for learning activities:

- Take a class movement break (e.g. dance to a song, Simon Says)
- Change the activity or the location (e.g. desks to carpet, library, or outside)
- Change the peer a student is working with or sitting beside
- Use a more active position (e.g. standing to do the activity or sitting on a bench)
- Increase social contact and conversation
- Give a fresh breeze for a few seconds or turn on a fan
- Place a cool, damp cloth on the face or hands
- Provide strong smells (e.g. mint chap stick, citrus hand lotion or scented marker on a post it note)
- Change in the tilt of the wheelchair
- Move the wheelchair -either fast, variable speed, and/or over rough ground
- Remove excess clothing
- Tap student's legs or arms

Respect

Competence

Inclusion

Presence

Choice