

What is *Tool Chest: For Teachers, Parents & Students*?

Tool Chest: For Teachers, Parents & Students is filled with activities that are designed to be used at school and at home with students from ages 4 to 13. The activities can be adapted to meet your children's individual needs. Our handbook is user friendly and helps to solve problems by using "over-the-counter" occupational therapy activities. As even the most difficult child responds to these techniques, teaching becomes easier and more enjoyable. Children are happier, more confident, and more accepting of others' differences. *Tool Chest* also supports our *TOOLS FOR TEACHERS* and *TOOLS FOR STUDENTS* videos.

Why You Need *Tool Chest: For Teachers, Parents & Students*:

Some children are easily overstimulated or distracted by sounds, others by touch or visual stimulation. Some need motion – of their hands, legs, or mouth for example – to focus their attention. All need an appropriate environment, including proper seating. *Tool Chest: For Teachers, Parents & Students* provides 26 fun, practical activities to assist children in developing their optimal range for paying attention, performing fine motor skills, improving self-esteem, and more. Our self-guided handbook is easy for teachers and parents to use in the classroom and at home.

When to use *Tool Chest: For Teachers, Parents & Students*:

Now! Teachers, parents and students can use *Tool Chest* to support the Individuals with Disability Act of 1997 (P.L.105.17)

Tool Chest can be used to assist in identifying the possible function of behavior, especially when behavior communicates the need for self-regulation.

Tool Chest can be used in the Behavioral Support, Strategies and Positive Intervention Checklist to address accommodations, environmental changes, proactive strategies and positive behavioral interventions.

Various teams can collaborate to use *Tool Chest* including the IEP team, the 504 Accommodation Team and the Teacher Assistance / Child Study Team. The goal is to assist in building supportive environments and teaching alternative skills. A Personalized *Tool Chest* (Activity #27) can be placed in the student's cumulative file to be shared with teachers, from one year to the next.

Who is Henry of Henry OT Services Inc.?

Diana Henry, founder and president of Henry Occupational Therapy Services, Inc., opened her clinic specializing in sensory integration in 1984. She has since been developing occupational therapy (OT) programs for various school districts in Arizona, emphasizing a collaborative model. Ms. Henry earned the 1997 Outstanding Occupational Therapist award from the Arizona Occupational Therapy Association.

Ms. Henry is both SCSIT and SIPT certified. She received her B.S. in occupational therapy from Tufts University in Boston, and her M.S. in sensory integration from Rush University in Chicago. She has taught at Arizona State University, in Germany and in the Netherlands, emphasizing the early identification of students at risk for coordination disorders and sensory integration problems.



Email: dianahenry@henryot.com

Web site: www.henryot.com

Table of Contents

What Is Tool Chest?.....	i
Frequently Asked Questions.....	ii

MOVEMENT TOOLS (Vestibular)

The movement tools can be used as quick "get going" and/or calm down activities.

#1 Shakes and Wiggles.....	1
#2 The Seat Walk.....	2
#3 The Fragile Egg.....	3
#4 The Popcorn Maker.....	4

MUSCLE TOOLS (Proprioceptive)

The muscle tools can be used to develop upper body control for sitting and writing.

#5 The Airplane.....	5
#6 The Wheelbarrow Walk.....	6
#7 Belly On The Ball.....	7
#8 The Rocking Puppy.....	8
#9 Chair Push-Ups.....	9
#10 Heavy Jobs.....	10

POSITIONS (Functional)

The position tools can teach how to measure and check for proper seating. The "ball chair" is presented for use in the classroom.

#11 Traditional.....	11
#12 Alternatives.....	12
#13 The Ball Chair.....	13

WRITING/CUTTING TOOLS (In-hand Manipulation)

The writing/cutting tools involve in-hand manipulation activities, warm ups for writing and one of the best ways to hold a pencil.

#14 Hand Games.....	14
#14a Additional Warm Ups.....	14a
#15 Spider Push-Ups.....	15
#16 Pencil Holding.....	16

MOUTH TOOLS (Oral)

Mouth activities can help the body work better and improve focus.

#17 Mouth Fidgets.....	17
#18 Gum Rules.....	18

HAND TOOLS (Tactile)

Hand and finger movements can help relieve stress and promote concentration.

#19 Hand Fidgets.....	19
-----------------------	----

EYE TOOLS (Visual)

These suggestions can promote optimal eye function and prevent sensory overload.

#20 Eye Supplies.....	20
-----------------------	----

EAR TOOLS (Auditory)

These suggestions can promote attention and prevent sensory overload.

#21 Ear Supplies.....	21
-----------------------	----

NOSE TOOLS (Olfactory)

These suggestions can improve students', teachers' and parents' mood.

#22 Nose Supplies.....	22
------------------------	----

QUIETING TOOLS (Touch Pressure)

Calming tools using touch pressure and slow rhythmical repetitive movements can relax the body.

#23 Calming Activities.....	23
#24 Floppy On The Ball.....	24

SURVIVAL TOOLS (Rough & Tumble Play)

Crucial for attention, motor development, socialization and learning.

#25 School Recess.....	25
#26 Home Play.....	26

TEAM COLLABORATION (Student, Teacher, Parent, Therapist and other team members)

Together, develop a child's sensory-motor Tool Chest.

#27 Personalized Tool Chest.....	27
#27a Tool Chest Form.....	27a

Bibliography/References.....	28
------------------------------	----