

STRATEGIES FOR THE UNDER-AROUSSED NERVOUS SYSTEM

A child who exhibits low arousal symptoms, may have difficulty staying focused on a task. They may have trouble getting out of bed in the morning, have a hard time getting started on homework, and can be very unorganized. This child may also become easily irritated with others and show signs of being quickly displeased at the smallest request.

A sensory plan typically targets a child's ability to engage and participate in everyday activities, such as maintaining attention to a task, playing appropriately with others, participating in self-care tasks and transitioning from task to task.

The Following Are Strategies To Assist In Increasing Your Arousal:

- Crunching on food such as dry cereal, chips, crackers, nuts carrots, apples
- Listening to fast, loud music when getting ready in the morning
- Bouncing on a therapy ball ex. while doing homework or table tasks
- Jumping on a trampoline
- Jumping rope prior to an activity that requires focus and concentration
- Taking several movement breaks during a tasks
- Chewing gum
- Drinking cold liquids, eating popsicles
- Heavy work. ex. pushing and pulling activities, carrying heavy or weighted objects
- Playing "hot potato" with a ball or bean bag
- Animal crawls
- Aromatherapy, (peppermint, citrus)
- Brain Gym, (cross crawls, crazy eights)