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## Alerting, Organising, Calming Strategies Newsletter

### School Approach

Sensory OT and SALT are working together, to embed emotional regulation strategies across the school. This term we are focusing on alerting, organising and calming strategies, and embedding across the school. This is part of the universal offer, and helps to provide consistency for students. Students who need support and are co-regulated are able to access these activities, as well as students who can or are learning to self-regulate.

### How to use the strategies

Some students are recommended to have a sensory circuit. A sensory circuit or diet is a list of activities to be completed in a particular order, to help a student/s regulate and prepare for learning. These activities as a sequence or as individual activities are a strategy to help with emotional regulation and arousal levels throughout the day. Depending on how a student is presenting, would depend on which activities they would need. It is always in the order of alerting, organising and calming.

Suggested: 2 or 3 from the alerting and organising sections and 1 or 2 from the calming section. Aim to do each activity for a minute, in a quiet space, with minimal external competing sensory stimuli as possible.

**Example 1:** Student is very energetic, unable to focus on activities. Their behaviour appears in the yellow zone (Zones of Regulation). X1 alerting activity to burn off some energy, before completing 2 or 3 organising and calming activities before returning to class.

**Example 2:** Student is tired and a bit sluggish. Their behaviour appears in the blue zone (Zones of Regulation). X1 or 2 alerting activities, followed by a couple of organising and calming activities.

#### Alerting

Aim of the alerting section is to provide vestibular and proprioceptive stimulation. input (providing the brain with sensory information every time the position of the head moves in relation to gravity) This prepares the brain for learning and the demands of the day.

#### Organising

The organising section includes activities that require multi-sensory processing and balance. The individual needs to organise their body, plan their approach and do more than one thing at a time in a set sequential order.

#### Calming

The calming section provides input to support the children to complete the circuit feeling calm, focussed and as ready for the day as possible.



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### Alerting



- Bouncing on gym ball
- Hopping / hopscotch
- Running
- Jumping jacks
- Skipping
- Trampoline / jumping

### Organising



- Scooter board
- Wall press ups
- Walk along a balance beam or walk around a line on the floor, whilst balancing or carrying a beanbag.
- Following a homemade trail

### Calming



- Lie under weighted blanket
- Suitable for younger children – lie on back and squeeze their legs with their arms.
- Deep/firm pressure for hand and or foot massage.



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