



ONE MINUTE INSERVICE

Take a minute; learn a lot!

HELPING OVERACTIVE STUDENTS

from The More Ways You Teach, The More Students You Reach
by C. Forsten, G. Goodman, J. Grant, B. Hollas, & D. Whyte

Following are ideas that may help you differentiate for an overactive student.

- *Give the student something to do with their hands, e.g., squeeze ball, Play-Doh, clay, Wikki Stix, etc.
- *Provide the student with a "Fidget Box" filled with items that can be fiddled with.
- *Place a foot-long Velcro strip on the underside of the student's desk, which can have a calming effect when rubbed.
- *Provide a mouse pad that the student can quietly tap when needed.
- *Attach a bungee cord around the front legs of the student's chair, about 4 inches above the floor, which makes a bouncing footrest.
- *Provide a 12-inch foot roller, which can be made from a noodle flotation device.
- *Provide 2 desks, one on each end of the classroom, and allow the student to move between the two desks as needed.
- *Provide a rocking chair, with felt glued onto the bottom of the runners.
- *Allow the student to use a large physical therapy ball as a chair.
- *Encourage thigh tapping.
- *Attach a tennis ball to the bottom of each chair leg.
- *Allow the student to stand when they work and encourage toe rocking.
- *Provide opportunities for movement in the classroom.
- *Encourage the student to lean against a wall or bookcase as a way to increase his/her feeling of security by being "grounded."
- *Allow the student to hold a weighted lap pillow or heavy coat.
- *Lay a sand-filled door-draft-stopper across the student's lap.

