

## **Environmental Adaptations for School, Home and Work**

### **Depending on assessment results:**

- ensure a quiet sanctuary like space in each environment they have access to if overwhelmed
- deliberate rest breaks at set times throughout the day for movement, could be a helpful task in classroom i.e. cleaning boards, desks, book organization
- allow the use of headphones or ear plugs
- items to chew on i.e. pens, straw, hard candy, “cinnamon gum” in a study demonstrated increased focus and learning (Increased LOA, attention, and memory of 25-50% after 15 min.) (ELT, 2016)
- flexibility with attending or timing with loud school situations i.e. assemblies, passing periods
- increase weight of backpack for passing periods for grounding, weighted blanket/lap pad for studying
- specific fidgets for class: rubberband, bracelet, ring, stress ball, elastic cording
- have bulbs changed in classroom if buzzing, deliberate seating positioning for comfort in each class
- add rugs and curtains to decrease sound
- explore soft “seamless clothing” (i.e. Target)
- aromatherapy: calming: lavender, geranium, strawberry, vanilla  
alerting: peppermint, tangerine, grapefruit rosemary, pine
- wear baseball cap or sweatshirt to decrease fluorescent lighting impact
- use a slanted writing or reading surface to change glare
- use colored paper behind papers to change visual input
- wear weights around ankles under pants to increase calming and focus
- have teacher hand homework assignments in written format at end of class versus verbal instruction

### **Organizing the Self and Building a Successful Routine**

**Morning:** Want activating to get out of bed

- Take a cooler shower, dry yourself off briskly with towel, walk barefoot
- Strong smells in the home or in lotion
- Eat breakfast, crunchy or tangy foods like citrus
- Wake up CD with songs that help pace your routine or have a certain rhythm
- Give yourself a massage squeezing your arms and legs, push hands together
- Stretching, exercise, quick walk or have a regular planned meet up time with friend
- Post-Its placed next to bed or on bathroom mirror with steps to follow to get ready

**Evening:** Want a calming and soothing transition toward sleep

- Consistent study, reading, or work time to finish your responsibilities
- Put items from the day in the same place i.e. keys, work bag

- The night before pick out clothing, setup breakfast or pack lunch
- Prepare all items you will take with you the next day
- Use large central calendar or planner to check the next day, if a family- color code each individual
- Place sticky note to outline the next day appointments/plans the night before on the bathroom mirror

**Sleep:**

- Use heavy blankets
- Take a warm bath
- Create a visual schedule or structured routine to follow nightly
- Use meditation or calming music i.e. environmental sounds
- Rub on lotion with a relaxing scent
- Decrease visual stimulation in the sleep space add plants as able
- Use warm or dim lighting versus overhead lighting