



SEN SUPPORT STUDIO

STRONG ROOTS,
SPACE TO FLOURISH

FOR SCHOOLS

Sensory Strategies

Simple, practical adjustments across each sense, to help pupils regulate, focus and feel comfortable in the classroom.

Visual

- Monitor lighting and adjust accordingly, e.g. use of blinds to reduce glare.
- Think about seating position in class, e.g. visual distractions.
- Reduce clutter and visual noise.
- Ensure visual prompts are meaningful and relevant.
- Think about use of colours, e.g. on backgrounds.

Auditory

- Monitor acoustics, volume and any external noises.
- Use of ear defenders or headphones.
- Think about seating position and use a quiet space.
- Give warnings of noise when possible, or gradually introduce noise.
- Cue pupils in using their name and give one instruction at a time.

Tactile & Movement

- Think about seating position; ask pupils to line up at the front or back of the line.
- Approach pupils from the front.
- Consider adjustments such as leaving lessons early to avoid crowds, adjustments to uniform, and use of fidget items.
- Provide opportunities to run, spin, rock, swing, etc. during a movement break.

Taste & Smell

- Monitor smells in the environment, and consider smells from yourself, such as perfume.
- Think about seating position.
- Provide access to a sensory snack box, and redirect if a pupil attempts to eat inedible items.
- Provide access to a favoured smell on a small piece of fabric.
- Provide access to fresh air.

Enjoy putting these sensory strategies into practice — small adjustments can make a big difference.

