Physical and Sensory Needs Overview

Sensory needs

Plan sensory breaks into my school day and ask me what helps me to feel calm.

Movement breaks and fidget toys may help me to focus.

Gross motor skills

You can help me by keeping the classroom clear and uncluttered.

Make sure I'm sat in a comfortable position.

General physical needs

You can help me by being aware of equipment I use and my care plan

With support I can....

Fine motor skills

Give me extra time to change for PE and eating my lunch.

Fine motor activities can help me to strengthen these muscles.

Visual impairment

Provide me with clear text and pictures. Let me explore new resources before using them in class.

Say my name before you give me an instruction.

Hearing impairment

Speak to me clearly, use visual clues and reduce background noise.

I need a break after lipreading for a while.