



Sensory Smart™ Strategies for Real-Life Challenges

By: Lindsey Biel, OTR/L Occupational Therapist

This presentation will demystify sensory processing difficulties in school-age children, emphasizing practical strategies and solutions for maximizing participation in self-care, learning, and playing at home, at school, and in the community.

Topics will include:

- How to pinpoint sensory processing problems
- Techniques for decreasing sensitivity to noise, touch, movement, visuals, taste and smell while improving ability to handle multisensory input
- Practical strategies for daily life challenges such as dressing and grooming, circle time/chair time, and sensory overload
- Sensory diet activities that help kids reach and maintain an optimal state of arousal
- Ways to avoid overstimulation and deal with self-stimulatory behaviors and meltdowns

Learning Objectives:

Attendees will be able to:

1. Define sensory processing and recognize sensory processing challenges in school-age children
2. Understand how sensory challenges impact behavior and learning.
3. Implement at least 15 “sensory diet” activities and environmental modifications to help children reach and maintain an optimal state of arousal.
4. Use strategies to cope with sensitivity to noise, touch, movement, sights, taste and smell and sensory overload
5. Share “sensory smart” parenting and teaching strategies with others.

Instructional Level:

All levels with primary focus on OT's (beginner level) special education and general education teachers, ST's, PT's and others

Coming to
Brooklyn, NY
Tuesday,
January 16, 2018

Location: TBD,
Bklyn, NY (for up
dates please check
our website)

Hrs: 8:30–4:00
Registration
Starts 8:15

6 Educational
Credits will be
rewarded

Lunch on your own,
coffee will be
provided

www.sensorysmarts.com

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