

Understanding Highly Sensitive Children

Ideas for Making Each Student's Imaginary Circle (Boundary) Larger

- Use one of the six ways of calming the brain and body
- Draw
- Scribble with crayons
- Play with clay
- Wear headphones to block out sound
- Use a music device with earphones to play quiet, calming music
- Sit in a different part of the room for a little while
- Walk around the room
- Sit on a “sensory cushion”
- Go to the restroom to put warm water on your face
- Sit in the hall for a minute
- Twist a piece of string
- Rock gently back and forth in a chair
- Play in a sand box with spoons, strainer, funnels, and cups