

# Staying calm in the classroom

Weighted equipment can have a calming effect and help reduce activity levels. It can be helpful for children who are finding it difficult to self-regulate and concentrate when all other strategies have been exhausted. These children may benefit from increased proprioceptive\* input.

Things to consider when using weighted equipment: have all strategies been trialled? See information below, Kids Scotland website and Listen to Learn Poster; include the child in selecting equipment that is right for them; DO NOT force them to wear weighted equipment; ensure the child does not overheat when wearing equipment.

\*Proprioception is the information we receive from our muscles and joints that lets us know the position of our body parts and position in space without the need to look.

## Strategies

Try to achieve the desired effect with minimal or no equipment

Always consider the environment such as lighting, clutter, noise and distractions

Regular movement breaks throughout the day to increase proprioceptive input, for example, handing out jotters, carrying milk tray, chair press ups or delivering messages

Refer to the *Listen to learn* poster for further advice

## Bear Hug



Use for short periods of time

Use for activities that require lots of concentration, particularly after periods of heightened activity such as after break time

You should just be able to squeeze your fingers in-between the vest and the child but there should be tension on the material

## Weighted fleece



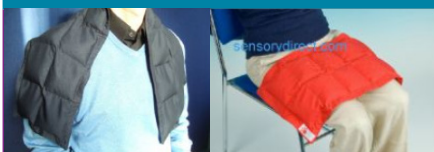
Can be preferred by older children due to its discreet look

Use for short periods of time

Use for activities that require lots of concentration

Weights can be altered depending on child's needs (start with less weights and then more can be added if required)

## Weighted lap pad/shoulder wrap



Lap pad can be used discreetly on the child's knee and may help keep the child "on task".

Alternatively can be used wrapped around the shoulders

Use for short periods of time

Use for activities that require lots of concentration

## Weighted compression vest



Same advice as Bear Hug

Provides more proprioceptive input through compression and weight

Weights can be altered depending on child's needs (start with less weights and then more can be added if required)

## Weighted blanket



Use for short periods of time

Use for activities that require lots of concentration

Particularly beneficial when feeling overwhelmed

Can be used for quiet recreational activities such as story time

**NOT** to be used when sleeping and should **NOT** cover head/neck

Helpful strategies are available from the NHS Greater Glasgow and Clyde KIDS website: [www.nhsggc.org.uk/kids/life-skills/education/paying-attention](http://www.nhsggc.org.uk/kids/life-skills/education/paying-attention)

To request equipment, contact the Supporting Learners Service on : [supportinglearners@ffe.gov.uk](mailto:supportinglearners@ffe.gov.uk)