

“At School”

Proprioception (Body Awareness) and Vestibular (Balance)

Name:

School Setting:

Activity	What do I feel?			What would help me?
Walking around school				
Writing with a pencil				
Holding a knife or fork				
Running around at playtime				
Doing up zips or shoe laces				
Doing P.E.				

Tactile

Name:

School Setting:

Where am I?	What do I feel?			What would help me?
Dressing for P.E.				
Sitting close to others in assembly/ class				
Walking along the corridor				
Using paint or glue in class				
Carrying my book bag				
Touching or bumping into others at play				

Vision

Name:

School Setting:

Where am I?	What do I feel?			What would help me?
Lining up outside class				
Sitting in assembly/ classroom				
In the toilets				
Walking along the corridor				
Eating lunch in the hall				
Playtime				
Packing up to go home				

Hearing

Name:

School Setting:

Where am I?	What do I feel?			What would help me?
Lining up outside class				
Sitting in assembly/ classroom				
In the toilets				
Walking along the corridor				
Eating lunch in the hall				
Playtime				
Packing up to go home				

Taste

Name:

School Setting:

Where am I?	What do I feel?			What would help me?
Eating snack at Playtime				
Eating lunch in the hall				

Step 1 My Views

Smell

Name:

School Setting:

Where am I?	What do I feel? *			What would help me?
Lining up outside class				
Sitting in assembly/ classroom				
In the toilets				
Walking along the corridor				
Eating lunch in the hall				
Playtime				
Packing up to go home				