

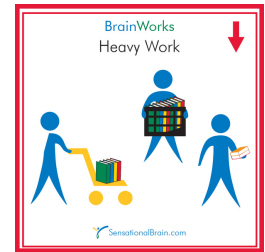
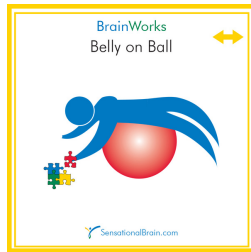
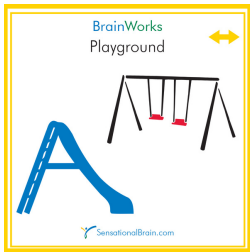
# Over-Responders Strategy Summary



↓ = Calming  
↔ = Just Right  
↑ = Alerting

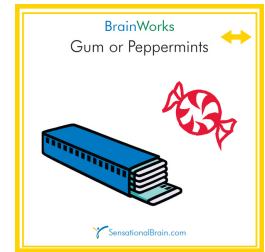
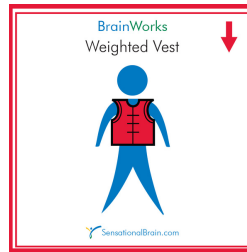
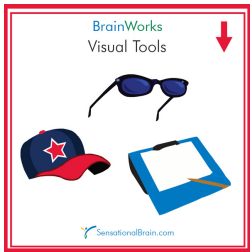
BrainWorks Power Point! Proprioceptive input (heavy work to the muscles and joints) is *calming and organizing*. Choose activities with red or yellow arrows. These will provide modulating input and minimize the sensory demands of the environment.

## BrainWorks Strategy #1: Work the Body



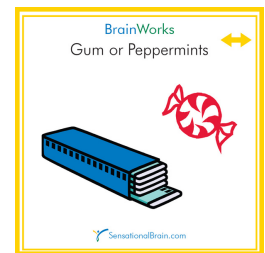
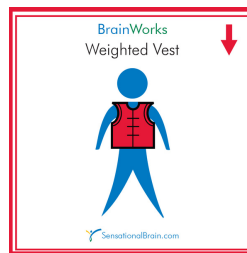
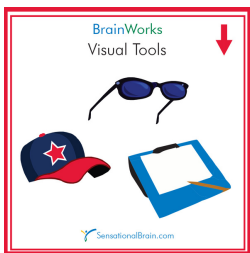
Allow 10-20 minute **WORK THE BODY** breaks for more intense “heavy work” input about every two hours (varies with age and cognitive level). Encourage participation in BrainWorks red and yellow arrow activities to help calm and organize the sensory system.

## BrainWorks Strategy #2: Work the Brain



Use seat-based calming strategies during learning time.

## BrainWorks Strategy #3: Work the Room



Use accommodations to minimize over-responsiveness that interferes with learning.