

If the function is to Escape “Sensory Overload”

These are especially good for students with autism spectrum disorders, but other students also may have sensory overload.

Sensory Stimulus	Most Simple Solution
Another student crying	Earphones listening to music or an interactive computer game with music.
Bright lights	Sunglasses, visor, baseball cap. Use of light therapy room.
Buzzing lights (fluorescent)	Halogen lamps or floor lamps with regular bulbs
Chairs scooting on tile floor	Tennis balls cut and inserted over tips of chairs.
Doors opening and closing	Hinges that stop doors from slamming.
Fire Alarms	Advance warning from administration so a relationship narrative can be read prior to the actual bell. Also, the earphones used by airport personnel do a good job of blocking out loud noises.
Lunchroom noise	Relationship narrative prior to visiting, music with headphones gradually fading the volume, sitting off to one end of the cafeteria so not in the middle of the noise. Coming in toward the end of a lunch period so that the majority of the student’s lunch time is during the next period’s beginning time while most kids are still eating and not talking as much.
Obnoxious smells	Essential oils on cotton ball and put in shirt pocket.
People talking near the room	Reminders of Quiet Zone outside classroom Sometime it takes more than a sign on a wall. One school found that lowering the lights was a good signal to let students know this is a quiet zone. Another school coded the ceiling tiles to alert to students Quiet Zones.

Riffel 3-10-2008 New Improved PIES

- Draw circles with a crayon saying to yourself to calm down.
- Go to a listening center and listen to soothing music.
- Wad up a piece of paper with your hands tightly, then smooth it out slowly, three times.
- Hold a satin ribbon and stroke to calm.