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**Overcoming Barriers Of
Speech and Language Difficulties**

The Importance of The Multi Sensory Approach

All learning happens through the senses, which act as pathways to the brain.

(Major, 2020)

A multisensory lesson will engage students on all levels at one time

(Major, 2020)



<https://child1st.com/blogs/resources/what-is-multisensory-learning-why-is-it-so-effective>

Multisensory lessons will target the learning strengths of all students.

(Major, 2020)

The primary pathways to the brain are.....

Pathways To The Brain



<https://www.dailymail.co.uk/health/article-6565503/Autism-diagnosed-hearing-test-birth-study-says.html>

- **Auditory** – through the sense of hearing

- **Visual** – through the sense of sight



sight

<https://www.vectorstock.com/royalty-free-vector/sight-sense-icon-vector-10519597>



https://www.iconexperience.com/g_collection/icons/?icon=hand_touch

- **Tactile** – through the sense of touch

- **Kinesthetic** – through body movement

(Major, 2018)



<http://www.bodidleyplaza.com/upcoming-events/2018/8/25/morning-movement-wge86-pwtwz-g3bjm>

Wobble Cushion

Helps develop core strength.

(Grogan, 2019)

Helps with poor attention.

(Grogan, 2019)

They provide a more appropriate and less distracting way for pupils to move whilst sitting in a chair.

(GriffinOT, 2019)

They help children that are constantly moving about, fidgeting and maybe rocking in their chair.

(GriffinOT, 2019)

Increase tolerance for extended sitting periods.

(Grogan, 2019)

Develops balance.

(Grogan, 2019)



<https://www.sensorydirect.com/2015/05/wobble-cushions-for-active-sitting/>

Attention Deficit Hyperactivity Disorder

Interrupting people
while they're talking

Being forgetful
about
completing tasks

There are many behaviours
associated with ADHD.
These are some of the more
frequently displayed.

Being easily
distracted

Having difficulty
sitting still

Having trouble
focusing or
concentrating on tasks

(Angel, 2019)

Active Sitting

- Sensory needs include vestibular input (received by the inner ear through all sorts of movement) and proprioceptive input (sensory input to the joints and ligaments that contributes to body awareness). (Julie, 2019)
- A child who isn't getting enough sensory input will often seek out what they need by wiggling, fidgeting. (Julie, 2019)
- A lack in the ability to focus has been linked to being sedentary for extended periods. (Hinklin-Lauderdale, 2014)



Minimal Disruption

- Active seating allows children to move and adjust themselves in a way that does not draw attention to themselves or disrupt classes. They burn off excess energy and get the stimulus their muscles are looking for. This makes children more attentive in class. (Hinklin-Lauderdale, 2014)
- Minor movements are made possible with active seating. This makes the body more engaged. Easing the negative effects of sitting for long periods. (Hinklin-Lauderdale, 2014)

Emotional and Social Impact



If a child has unmet sensory needs, they can feel their surroundings and how they react in them is out of control. This feeling can result in the child clinging onto any chance to have control. (Julie, 2019)

People with ADHD may feel as if they can't shut down. An urge to constantly be doing things and be on the go can lead to frustration when it can't be done immediately. This leads to agitation, which can lead to frustration and anxiety. (Legg, 2017)

Studies Say, Children with ADHD Need to Fidget

A team, led by Dr. Mark Rapport at The University Of Central Florida, conducted a study on 23 adolescent boys, 12 with ADHD and 11 without.

They were given tasks to do. They were videoed and wore watches that monitored movement.

All boys moved about during the tasks but the boys with ADHD moved more. The harder the tasks the more they moved about.

Children with ADHD move and fidget to remain alert.

Rapport believes that the brains of children with ADHD do not produce enough dopamine to keep them alert during day to day activities. (Shrieves, 2006)

This is why such things as wobble cushions are used in both primary and secondary schools for pupils with ADHD.

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