

# Tools for releasing tension

Movement often reduces tension and assists concentration.

Regular breaks throughout the day, supported by sensory tools, help students to stay focused and calm the nervous system.

Identify with students a range of equipment they would like to use in their ILE.

Suggestions:

- swiss balls
- ergonomic chairs
- adjustable seating
- equipment, such as bean bags, stress balls, fidget toys
- height-adjustable tables
- noise-reducing headphones.

**Avoiding sensory overload at school** provides simple strategies and suggests some useful equipment to reduce sensory overload.

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