

## Ideas from the Webinar Participants for Structuring the Environment

1. Having a small desk, chair, or even a carpet square that the child can come to recognize as his own, helps with managing movement. Also having "wiggle breaks" where you may just wiggle, or dance or do specific stretches or even yoga poses, can be helpful.
2. Child safety- when a child is running toward the street or dangerous area , instead of running "chasing" after them begin to sing favorite interactive song they usually will stop and turn to listen or play allowing you or another to intervene and redirect.
3. Songs - start when music starts /end when stops. Can incorporate dance/movement. "Songs" can be short nursery rhymes vs. longer tunes.
4. Ideas for positioning: use blocks or some type of physical barrier to create a circular or rectangular enclosed area and use the inside area to do an activity with the child. You could make it a game and tell the child that they need to stay within this boundary
5. For one of my children that I work with, we have a see through plastic bin for all the toys that we use in the session. That way we can control which toys are in use, as well as, use it for a table when necessary.