



Sunday, August 4, 2019

Breakout Session H46 • 4:00-5:00 pm • Chantilly Ballroom East

## Taking CHARGE of the Classroom: A Teacher's Perspective on Sensory Strategies in the Classroom

Sharon Stelzer, M.Ed., Perkins School for the Blind  
Sara Espanet, M.Ed., Perkins School for the Blind

### Presenter Information

Sharon A. Stelzer, M.Ed. has been teaching in the Deafblind Department at Perkins School for the Blind for thirty-four years. She has taught students from ages six-years old to twenty-one years old. Sharon has a Masters of Education from Boston College. She has worked with a variety of students who have CHARGE Syndrome throughout her career at Perkins. Sharon has a huge interest in adapting curriculum and activities for students who have CHARGE Syndrome. Sharon has presented nationally and internationally on a variety of topics including literacy, communication and curriculum for students who have CHARGE Syndrome and are Deafblind.

Sara Espanet M.Ed. has worked at Perkins School for the Blind in the Deafblind Program for the past 11 years. She has taught a variety of students who have CHARGE Syndrome and who are complex learners. Sara has expertise in working with students who use multiple modes of communication for accessing information during their school day. She was apart of the 2015 Sandra Davenport Fellowship program and has presented on adaptations for complex learners. Sara has a Master's Degree in Severe Special Education from Bridgewater State University.

### Presentation Abstract

In this session, the presenters will discuss the importance of sensory breaks and sensory strategies for students with CHARGE Syndrome. They will give concrete examples of ways to incorporate sensory strategies throughout the school day. There will be interactive discussion as well as question and answers. Participants will come away with an understanding of how various sensory techniques can be used within the classroom or at home.

### Learning Objectives

- Come away with a better understanding of how to set up their classroom to accommodate individuals with CHARGE Syndrome's sensory needs
- Learn how to transfer school/classroom strategies to the home environment
- Learn about sensory breaks: what they are and how to implement them with students