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# OCD at School

## Symptoms

- Perfectionism, checking, redoing assignments
- Constantly erasing paper, erase through paper
- Atypical Sloppiness in assignments
- Unable to complete assignments within one's capability
- Arranging items repetitively
- Erasing constantly until paper is worn through
- Reading words over until they sound right
- Repeating questions after answer is given
- Inability to handle change in routine or interruptions
- Frequent bathroom trips to hand wash or use toilet
- Unable to touch others people's things or other people
- Unable to allow own items to be touched by others
- Walking in patterns, counting items
- Touching or tapping items in a pattern
- Sitting and standing repeatedly
- Avoidance of new things

## Accommodations

### Compulsions:

- Alter Work Sequence/ Alternative Schedule if stuck on section or task
- ID & Substitute less disruptive behaviors
- Timer to signal transitions
- If child is continually erasing work, allow computer
- Safe Space to release compulsion during day

### Obsessions:

- Allow "interrupter" when in rut ie snapping band on wrist
- ID special words/prompts for teacher to interrupt obsessions
- Goal for curbing repetitive questioning
- Group Activities: Allow separate set of materials
- Allow early class dismissal to avoid crowds in hallways
- Allow spell check/calculator to be used one time at end in case of anxiety/perfectionism