

Calming Activities Menu

Please note: If a child is seeking sensory input in order to 'calm him/herself' go to the 'seeking' menu for activity ideas.

Items:

- + Nature sound CD's or Devices; aromatherapy diffusers (be careful with smells in the hypersensitive child)
- + Soft pillows and blankets
- + Rope lights; bubble tubes
- + Bean bags or bean bag chairs
- + Massage chairs and massage mats
- + Relaxing music and relaxation CD's /white noise CD's for night-time/guided imagery CD's
- + Lava lamps / metronomes
- + Calm down corner at home and in school (a tent filled with pillows, blanket, cuddly toy, ear defenders, eye covers, stress ball, 5 and 10 minute sand filled egg timer)
- + Vibrating pillows/weighted lap buddy
- + While child is sitting, **press down gently on child's shoulders for a minute or 2**
- + Have the child **roll back and forwards over a therapy ball** slowly
- + **Weighted lap buddy** across lap while doing schoolwork or homework
- + Have the child get into the '**Child's pose**' (Yoga pose which stretches the body)
- + The '**Hug and Breathe**' – ask the child to stand up, wrap arms around themselves to give themselves a hug. Then cross the feet and breathe in and out slowly 3 times. Always use this at the end of a calming sensory break to help the child transition back into a noisy classroom.
- + '**Japanese Fingers**' (pull each finger and breath in/out) Used to 'ground' the anxious / fizzy child

