

Calming Activities Menu

Removing a child from a busy classroom/yard will help the “volume button” to be turned down in their brain. Anything that gives the child’s senses some “quite time” will help them calm down to the green line (of the Braincalm™ ladder).

- Aromatherapy diffusers (be careful with smells in the hypersensitive child)
- Calm down corner at home and in school (a tent filled with pillows, blanket, cuddly toy, ear defenders, eye covers, stress ball, for 5 to 10 minutes: use a sand filled egg timer)
- Have the child **roll back and forwards over a therapy ball** slowly
- **Weighted lap buddy** across lap while doing schoolwork or homework
- 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.
- ‘**Japanese Fingers**’ (pull each finger and breath in/out) Used to ‘ground’ the anxious / fizzy child

