

CLASSROOM CALMING STRATEGIES

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| Overview: | <ul style="list-style-type: none"> - Calming tools to use within class. - Try to integrate throughout the day |
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Calming Tools

TRAMPOLINE

- Slow/controlled bouncing up and down – counting slowly to 20
- Stop
- Place your hands on their shoulders and push down firmly – for 5 seconds
- Repeat – do this 3-4 times



SIT AND BOUNCE

- Child sits on the ball and bounces up/down – slow and controlled x 20 (support them if needed)
- Then stop – sitting still
- As above – apply pressure through shoulders
- Repeat

INVERSIONS

- Lying over the ball on their tummy
- Slowly rocking forward and back



BRUSHING

- Brushing slowly and firmly downwards action
- On the child's hands and arms
- Follow with a squeeze to forearm



BLOWING GAMES

- Blowing bubbles
- Blowing games across the floor (crawl along to follow!)
- Blow football
- Using a straw to blow into water to make bubbles

DEEP PRESSURE

- Using the ball to roll over the child's legs/body
- Slowly and firmly



NOTE: ALSO SEE 'HEAVY WORK STRATEGIES