

SENSORY CALMING TOOLBOX

- **Activities/strategies to use with the children to help with calming.**
- **Try to incorporate into their day to reduce over-arousal**
- **Also use activities from sensory room – especially if the child appears in a ‘high gear’**

Activity	How?
Trampoline	<ul style="list-style-type: none"> ➤ Bouncing on the spot – ensure this is slow and controlled, counting slowly to 20 ➤ Follow with pressure through shoulders – firmly for 5 seconds ➤ Repeat
Peanut Sit and bounce	<ul style="list-style-type: none"> ➤ Sitting and bouncing on the peanut slowly and controlled ➤ Count slowly to 20 then stop ➤ Follow with ball lift and stretch x 5 ➤ Repeat
Inversions	<ul style="list-style-type: none"> ➤ Lying on tummy over the ball – you hold them at the hips ➤ Slowly go forwards and backwards ➤ See if you can get their head to the floor when going forwards – this provides deep pressure too
Deep pressure	<ul style="list-style-type: none"> ➤ The child lies on the floor (back or tummy) ➤ Slowly and firmly roll the ball over their legs and body ➤ Also do pressure through shoulders throughout the day
Brushing	<ul style="list-style-type: none"> ➤ Brush slowly and firmly down the child's arms and hands x 10 ➤ Follow with a 'pushy' through forearm x 5 seconds
Heavy work	<ul style="list-style-type: none"> ➤ 'Heavy work' provides proprioception – which is generally calming and aids focus ➤ Incorporate heavy work into the children's day ➤ This can include: weighted stretches, weighted ball rolling, tugs of war, weighted rucksack (10% of body weight and worn for 20 minute periods), animal walks, blowing games, push/pull games, carrying heavy items
Lycra	<ul style="list-style-type: none"> ➤ Wrap around waist and cross over at the front ➤ Pull lycra apart so it squeezes torso ➤ Slow and controlled x10-20

*Please note: these are generic activities. Use carefully and do not continue if the child is distressed.