



# Calming Activities

## *BENEFITS*

These tools can be used to help you feel relaxed.

## TO BEGIN

- Discuss with children when is it OK to be active and noisy.
- Help children decide when they need to be calm and quiet.
- Give directions by singing them. This can help the children attend to your words.
- As you well know, touch is a very powerful sensory tool. As with other sensations, some students can be defensive to touch.
- Weighted vests, weighted backpacks and weighted blankets can produce a calming effect. Ask your OT.

## CALM AND QUIET IDEAS

*Try as many of these as you can to discover which ones help calm you down.*

- Sit in a bean bag chair for a while and take some slow deep breaths.
- Sit in a quiet place surrounded and covered by heavy pillows.
- Rock slowly and gently in a rocking chair.
- Try the "Fragile Egg", Activity #3.
- Sit in a place where the lights, voices, and music are low and soft.
- Snuggle up in a sleeping bag or a blanket.
- Ask your teacher to spray vanilla scent.

## ADDITIONAL "AT HOME" CALMING IDEAS

- Have someone read to you.
- Have someone give you long firm hugs.
- Exchange a massage with someone.
- Watch fish in a fish tank.

