

## Calming and Alerting Activities

Calm  
Alert

### Crawling and blowing

- Scrunch up a piece of paper and place it on the floor.
- Lie down and blow the paper across the floor as you crawl after it.

### Bubble Volcano

- Fill a tray/ bowl/ cup with water and soap.
- Place a straw into the mixture and blow bubbles.
- Cover the surface as this will make lots of bubbles!!

### Animal walks

- Crouch down on hands and feet and walk forward.
- Ideal in a long hallway but can be done in short bursts anywhere.



### Mini Circuit

- Hopscotch- draw with chalk outside
- Throwing bean bags or small soft toys into hoops or designated areas.
- Passing small ball to each other.

- Bouncing balls against wall or to each other.

### Chewy foods

- Offer students a variety of food textures- chewy, crunchy etc.

### Chewing toys (if student shows a strong desire to chew objects)

- Encourage child to use the chewy tube if available at home.
- Or any suitable plastic tubing.

### Heavy work

- Encourage child to help move equipment or carryout tasks e.g. moves boxes, put shopping away etc.
- Using stairs in house to walk up and down.
- Fill a backpack with books, full water bottles or tins and allow children to wear and walk around the house. (No more than 10% of their own body weight).

### Blanket

- Allow child to have access to a blanket in a quiet area with dimmed lights.

### Head down

- Offer students opportunities to get their head down against gravity. Lie on edge of bed with head hanging down.
- Standing up feet wide apart and students bending down looking between legs behind them.

### Fidget Toys

- Encourage students to fiddle and squeeze small toys/ objects such as soft balls, play doh, and toys of different weight and textures.
- Sequined toys that flip are very calming.

## Calming music

- Students to sit on beanbags or cushions and listen to calming music with light dimmed. (Ensure the music being played is of the correct frequency 432Hz)
- <https://www.youtube.com/watch?v=Dx9Pxyphup8>
- <https://www.youtube.com/watch?v=8s4Dhk3wZ60>