



## Regulating activities to help children calm after a busy day at school



1. Deep breathing
2. Drinking cold water in a bottle with a long curly straw
3. Offer a frozen lolly to suck
4. Fruit smoothie through a straw
5. Blow bubbles with a bubble wand and see how many you can pop.
6. Put a few drops of soap in a bowl and blow bubbles through a straw
7. Blow on a party blower or kazoo
8. Offer any sort of snack that encourages chewing



1. Offer a hug
2. Play doh activities
3. Try a weighted blanket or roll your child in a quilt
4. Rub lotion on each other's hands
5. Make a "calming basket" with fidgets, squishy toys or calming stuffed animals
6. Play with the family pet or just stroke it
7. Paint each other's nails
8. Finger painting



1. Jump on a trampoline or bed
2. Ride a bike as fast and slow as you can
3. Play catch
4. Balloon play. Keep it up game
5. Swing on a swing or spin around on a round about
6. Have a dance party to your favourite songs
7. Run up and down the stairs
8. Make an obstacle course
9. Bounce on an inflatable exercise ball (or kids hop ball)



1. Colouring in
2. Look at books and talk about the pictures or offer to read it to them
3. Build a fort as a safe space
4. Watch a lava lamp in a dark room
5. watch a calming programme together
6. people spot from your window and make up stories about where they could be going
7. eye spy
8. lie under a tree and watch the branches sway



1. Listen to favourite music
2. Sit outside and listen to the birds and the breeze
3. Hum or sing
4. listen to meditation music
5. kitchen drums from pots and pans
6. ring a relative or friend for a catch up
7. listen to an audio book

**SENSORY SEARCH:** 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, 1 thing you can taste