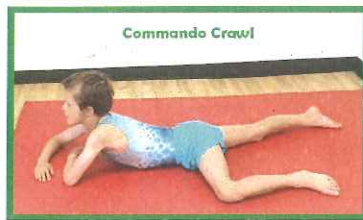


# Calming Strategies for Home

Movement



- Crawling under & over blankets
- Obstacle course
- Star Jumps
- Rolling across the room wrapping up in blanket

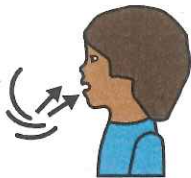
Heavy Work



- Squeezing bath toys
- Wall presses
- Carry something heavy
- Wheelbarrow walking
- Playdough

Mouth

Take deep breath



- Chewy snacks ie jam on toast
- Crunchy snacks ie raw carrots/ bread sticks
- Blowing games / bubbles
- Warm drink

Touch

Deep pressure massage



- Wrap up tightly in a blanket
- Sandwich between cushions
- Give yourself a hug
- Wrap in a warm towel
- Tactile box

Vision

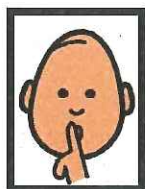
Create a calm den/tent



- Use natural light when possible

Hearing

Soft tone of voice



- Calming sounds ie Rain Rain App
- Soft voices
- Reduce noises