

ADVICE SHEET

10 Calming Strategies

1. Calming touch: Many children calm by touching or rubbing objects with different textures. This may include a sequin pillow or clothing, a tub with rice, hard or soft Velcro attached to a table, a stuffed animal or a live animal!

2. Minimal visual Input: Create an area with soft or natural lighting. Structure a work environment without clutter and minimal visuals.

3. Exercise ball: Use an exercise ball to provide deep pressure input. Roll the ball over the child's body while continually monitoring the child's comfort level with the pressure.

4. Weighted blanket: Use a weighted blanket while completing another activity, such as reading a [book/having lunch](#). This allows the mind to be occupied while the body receives the calming input.

5. Swing: Many children like to lie, tummy down, on a platform swing with their heads hanging over the edge. This allows a different type of input than sitting up on a swing. Sitting up on a playground swing is also calming when moving in a back and forth motion, however; spinning on this swing is alerting.

6. Scooter board: Place pieces of an inset puzzle on one side of the [room](#) and place the puzzle board on the opposite side. Direct the child to lie, belly down, on the scooter board and move back and forth across the room, picking up one puzzle piece and placing it into the board until the puzzle is complete.

7. Push-ups: Chair and wall push-ups provide deep sensory input. Pushing up on a chair is something a child can be taught to do to stay focused and engaged.

8. Squeeze: Many children like the feeling of being tightly squeezed. This input may be provided in multiple ways including a hug, rolling up in a [blanket](#), rolling up in a gym mat, compression clothing, a stocking hat or earmuffs.

9. Breathing strategies: Find a breathing technique that works for your child. Multiple websites provide visuals that go along with breathing strategies to help children understand this activity.

10. Headphones: Noise-cancelling headphones help a child remain calm in a noisy or chaotic environment.





Canterbury District
STLS & Outreach

