

Children's Therapy Services

## Top Tips

# Calming strategies

For parents, young people &amp; teachers

- ✓ Movement that is in a straight line can be calming and organizing to the sensory system:
  - ✓ Jumping (on the ground, using trampet, trampoline)
  - ✓ Slow rocking, e.g. on gym ball, 'row, row, row your boat' etc.
  - ✓ Swings
  - ✓ Walking/jogging games
  - ✓ Swimming
  - ✓ cycling
- ✓ Squeezing and relaxing a small fidget toy, cushion, blanket or soft toy
- ✓ Wrapping the child's body up in a blanket or over shoulders
- ✓ Wear a back pack when walking in the community (this gives calming pressure to the shoulders)
- ✓ Use of ear defenders to reduce noise or headphones with calming music
- ✓ Use of fiddle toys
- ✓ Find a smell that the child likes and put this on fabric, scarf or soft toy to use to calm and mask out any smells that may be challenging in the environment
- ✓ Use calm lighting in the environment
- ✓ Any deep/slow breathing exercises

