

Remember sensory processing is complex.
Its different for every child (& adult)
because everyone is unique!

And more importantly there is never a 'wrong' way to be!!

Specific Advice:

Name:

If you have any queries please contact your therapist.

Our details:

Therapist name:

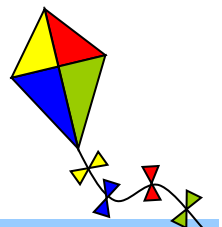
Children's Therapy
Oaks Building
Kendray Hospital
Doncaster Road
Barnsley
S70 3RD

Telephone: 01226 644396

These activities should be carried out in a safe environment and supervised by a responsible adult.

Calming activities

For Schools



Why might we need calming activities?

Children and young people who are sensitive to certain types of sensory stimulus can easily become stressed and overwhelmed.

Children who seek out sensory stimulus can quickly become over excitable because they are unable to tell when their system has had enough.

Calming activities can help to regulate our sensory system, reducing sensitivity and helping children to feel less stressed and over excited.

Proprioceptive input (sensed by our muscles and joints during activities involving heavy resistance) and Deep Pressure input (firm touch) are very useful in helping to calm and regulate the sensory system.

Reducing stimulation for even a short time can also have a calming effect on children.

Ideas to try.....

Proprioception

- Rolling over a gym ball on tummy pushing off the floor with hands and feet
- Pushing against a gym ball with hands or feet while an adult gives resistance
- Pushing hands together as hard as they can
- Push ups against a wall
- Chair push ups

Deep Pressure

- Offer a large beanbag to sit on (maybe with a second one on their knee!)
- Allow the child to wrap themselves tightly in a blanket for a few minutes (never cover their head!!!)
- Allow the child to lie on their tummy on a mat or soft rug. Roll an inflatable gym ball along their back and legs using firm even pressure.
- Make a 'squish box' using a large cardboard box filled with cushions, pillows, duvet etc. to sit in

Outdoor/ PE activities

- Climbing frame
- Monkey bars
- Bike riding
- Swimming
- Running
- Gymnastics/ yoga
- Gym equipment
- Gardening, digging, raking leaves, Wheelbarrow use
- Throw a heavy ball to a partner
- Bounce on a trampoline
- Punch a punch bag

Reducing stimulation

- Spending time in a space with reduced visual/ auditory and tactile stimulation can be really effective in helping a child to calm. Try a dark den/ play tent or even a quiet corner in the library or classroom
- Engaging in a fine motor activity in a quiet environment can help an over stimulated child to relax. Try looking at a book, doing some lego, completing a jigsaw or doing a playdough activity.
- Removing clutter from the school desk and immediate environment and keeping lighting natural can help to prevent visual overstimulation.