

CHANGING HOW ALERT YOU FEEL

1. PUT SOMETHING IN YOUR MOUTH:

- eat hard candy (sugarless if you want)
- eat crunchy food: pretzels, popcorn, nuts, apples
- eat chewy food: gum (1 or more pieces), raisins, bagels, chunks of cheese
- eat sour food: pickles, sour candy
- eat sweet food: fruit or candy
- drink from a straw: use an "exercise bottle" to drink liquids such as a milkshake, a "Slurpie" (partially thaw a frozen drink), or other drinks
- try a combination such as trail mix (crunchy, chewy, sweet), Starburst (chewy, sweet, and tart), or chips dipped into salsa (crunchy and spicy)
- use green rubber tubing
- take slow deep breaths

2. MOVE: (try moving before you need to concentrate - ex: homework)

- do isometrics (push arms on a wall or push hands together)
- walk quickly (in school or take the dog for a walk)
- run up and down steps
- do an errand for a teacher
- shake head quickly
- roll neck slowly in circular motion
- jump up and down or try to jump to touch a door frame
- play sports - basketball, swimming, baseball, frisbee, etc.
- do aerobics with a group or at home to music
- dance
- use a therapy ball

3. TOUCH:

- try holding and "fidgeting" with a Koosh Ball, paper clips, rubber bands, straw, jewelry, or clay
- rub gently or vigorously on your skin or clothing
- take a cool shower or warm bath
- wash your face with a cold or hot wash cloth
- pet or play with an animal
- hold or lean up against stuffed animal or large pillows

4. LOOK:

- put bright lights on in room if you are in low speed
- dim the lights if you are in high speed
- clear off the table you are working on if it distracts you
- watch fish in an aquarium
- read a book or look at magazine

5. LISTEN:

- listen to classical type music (even, slow beat)
- listen to hard rock type music (loud bass, uneven beat)
- use a personal cassette player if the music bothers someone else
- avoid loud, noisy places if you are in high speed or if it bothers you when you are trying to concentrate

CALM DOWN TOOLS FOR OLDER KIDS

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Items that give kids a brain break

- Puzzles
- Chapter books to read
- Blank notebook/journal and writing utensils
- Coloring books
- Scratch art doodle pad
- Activity books
- Brain Quest cards
- Doodle books
- Mad Libs
- One player travel sized games

Items for auditory sensory support

- Noise cancelling headphones
- MP3 player with music, nature sounds, audiobooks, etc.
- Sound machine

Items for oral motor sensory support

- Chewing gum, hard candies, or lollipops
- Snacks with a variety of textures
- Chew necklace

Items to support breathing & relaxation

- Book of yoga poses or yoga activity cards
- Rescue Remedy Spray

Items that provide proprioceptive support

- Punching bag or bop bag
- Mini massager
- Weighted lap cushion
- Hand weights
- Resistance/exercise bands
- Compression clothing
- Heated blanket
- Weighted blanket
- Skipping rope

Items to squeeze, fidget with, or keep hands busy

- LEGO kits
- Stress balls
- Rubik's Cube
- Wooden or metal logic puzzles
- Craft kits
- Cat's cradle

Items to visually calm

- Kaleidoscope
- Eye mask
- Look & find books
- Lava lamp

Items for olfactory sensory support

- Calming essential oil spray
- Scented lotion

Calming Sensory Strategies for Kids!

A Quiet Space and a Signal - Sign-up sheet/ laminated card to give teacher to ask for quiet time; quiet corner; desk with partitions; small tent/canopy beanbag or pillow corner

Calming Tactile Input - Tactile bin full of rice, sand or beans; time with weighted blanket or stuffed animal; squishes with beanbag chairs or pillows

Oral Sensory Input - Chewy snacks; gum; chewing pendants/ bangles; sucking a thick smoothie through a straw; blowing a feather or pom pom across a table

Calming Auditory Input - Quiet music; noise-cancelling headphones; noise meter for the classroom (or other way to monitor noise levels); use a quiet voice to address students

Calming Visual Input - Turn off or dim lights; clear work spaces; limit decorations; visual dividers or study carrels; repetitive visual input (fish tanks, sensory jars/ calm-down jars). Also, visual picture schedules help students know what's next throughout the day.

Calming Proprioceptive Input - Squish play dough or stress ball; pull resistance band; push/ move desks; climbing; hold open heavy door; carry books

Calming Movement - Rock in rocking chair; bounce on exercise ball; gentle back and forth on a scooter or therapy ball

Yoga, Breathing, Meditation - Move slowly through yoga sequence; guided meditation and calming breathing techniques-all calm the entire nervous system

Familiar, quiet, repetitive fine motor tasks - Sorting; stringing beads; pegs

Experiment with calming combinations - Play in tactile bin while listening to calming music; chew gum while working independently; lie with weighted blanket while looking at sensory bottles

