

Calming activities to do at Home

- Pushing and Pulling activities- e.g Row row your boat- Sing along. Hold the child hand, pull forward and back and provide a solid Stop.
- Taping using the palm of the hand onto the heels of feet 10 times
- Lifting heavy items up to hip level. E.g boxes, weighted bags.
- Running and crashing: Running through a hall and crashing into pillows.
- Deep Pressure on shoulders, arms and hands.
https://www.youtube.com/watch?v=IT9NT6_mu-c
- Assist in animal walks. (e.g. crabwalk, bear walks, wheelbarrow walks)
- Have the child to curl up to hug and squeeze self by holding knees against chest.
- Crawling activities through tunnels/hoops.