

	Calming/Organizing	Alerting
Wake-up	<ul style="list-style-type: none"> • Keep lights dim • Use a low volume voice • Classical music, continuous tempo 	<ul style="list-style-type: none"> • Brighten lights • Play music with a fast tempo • Log rolls in blanket
Morning Routine	<ul style="list-style-type: none"> • Animal walks or army crawl to dresser, bathroom, kitchen-throughout house while getting ready • Scavenger hunt to find clothes, school supplies, etc. w/ animal walks or army crawl • Push or pull clothes/backpack/heavy items in a laundry basket 	<ul style="list-style-type: none"> • Give a ride with a sheet on hardwood floor to collect clothes (fast, unpredictable movement) • Vibrating toothbrush • Get dressed on an unstable surface: memory foam, couch cushion, pillow
Breakfast	<ul style="list-style-type: none"> • Chewy foods: dry fruit • Crunchy foods: cereal, granola • Sucking through a straw: smoothies, yogurt 	<ul style="list-style-type: none"> • Cold drinks: frozen fruit
School/Day time	<ul style="list-style-type: none"> • Encourage active play during recess • Assign jobs with movement: distribute materials/paper, collect materials/paper, open the door when someone knocks, erase the board, stack the chairs, pull wagon of lunch boxes, art supplies, books during transitions • Movement breaks every hour: go noodle videos, dance videos, Simon says, (Any jumping, pushing, pulling, marching, lifting, carrying, crawling activities), animal walks, • Fidgets • Cue deep breathing exercises if escalated or high energy levels: belly breathing, “smell the flowers-hold-blow out the candles”, lazy 8 breathing (see picture below) • Alternative Seating: on a pillow, couch cushion, wobble disc, bouncy band, yoga ball • Visual schedules for predictable routines • Chair push-ups • Chewing gum • Play-Doh, clay, or putty 	
Chores	<ul style="list-style-type: none"> • Vacuuming • Sweeping • Mopping, Swiffer • Pushing/pulling trashcans • Carrying in the groceries, laundry, cans • Stirring activities: dough, water, mixes • Setting table: carrying the plates • Washing dishes • Wiping off the tables, counter tops • Scrubbing floors, dishes • Pushing/pulling laundry bin full of clothes-passing out laundry to rooms • Raking, shoveling, watering plants 	
Homework	<ul style="list-style-type: none"> • Crunchy or chewy snack, chewy toy/tool, gum 	

	<ul style="list-style-type: none"> ● Consider seating options: on a small ball where feet can touch the ground still, lying on stomach and propped on elbows, rocking chair, wiggle cushion, couch cushion-options for increased movement ● Movement breaks with timer (can choose one from categories below)
Dinner	<ul style="list-style-type: none"> ● Help with preparation: stirring, scooping, kneading dough ● Arranging the chairs ● Setting table ● Wiping off the table ● Helping with dishes ● Clearing table ● Sweeping after
Bath	<ul style="list-style-type: none"> ● Use deep pressure when washing ● Encourage child to scrub their own toys ● Blow bubbles with curly straw or wand ● Squeezable water toys ● Spray bottles ● Wringing out wash cloths ● Lavender or chamomile scented products ● Warm water

General Rule:

To **alert** a child's sensory system:

- Sensory input is unpredictable and unfamiliar
- Sensory input varies and changes

To **calm** a child's sensory system:

- Sensory input is predictable, familiar, and expected
- Sensory input is sustained

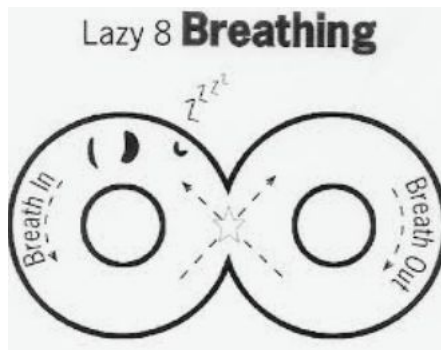
Regulating Movement/Proprioception/Heavy input

- Crawling activities on hands and knees
- Animal walks
- Jumping activities-jump rope, jumping jacks, skier jumps, hope scotch, spin jumps, mini trampoline
- Deep breathing exercises
 - <https://www.youtube.com/watch?v=gLbK0o9Bk7Q>
 - Figure 8 breathing
 - Cue smelling flowers☞ blowing out candles 10x
 - Using pinwheels or bubbles
- Swinging
- Taking a walk
- Floor, wall, or chair push-ups
- Jumps into pillow pile
- Slow rocking
- Wheelbarrow walks
- Yoga poses

- Pushing laundry basket full of heavy items
- Carrying heavy items: blocks, cans, groceries, pillows
- Coloring with crayons
- Pulling heavy items on sheets
- Household chores: sweeping, mopping, carrying laundry, changing sheets on bed, scrubbing surfaces, raking leaves, shoveling, planting, vacuuming
- Classical music for relaxing- continuous tempo
- Blowing bubbles
- Log rolls
- Bouncing on a therapy ball, yoga ball, hoppity ball
- Bike riding
- Somersaults, cartwheels
- Marching
- Dancing videos
- **Any pushing, pulling, lifting, carrying, crawling, jumping, climbing activities**

Regulating Touch/Deep pressure

- Squeezing stress balls
- Play-Doh, putty, clay molding and squishes in hands
- Stuffed animal hugs
- Chewing gum/crunchy foods
- Pillow squishes
- With the child lying on their stomach, roll a therapy ball or yoga ball over their back and apply gentle pressure
- Weighted blanket
- Mixing or kneading dough or batter
- Taking a warm bath



-Trace the figure 8 with your finger, slowly breath in while tracing around the left curve and exhale while tracing around the right curve