Top Tips
Calming strategies
For parents, young people & 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