

# Activities for... **Regulation (Heavy work)**



**#1. Dig, shovel, sweep, rake, carry bags or boxes**



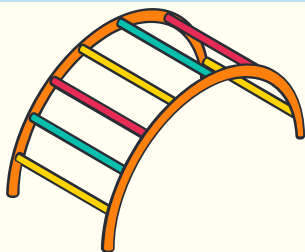
**#2. Push or pull (wagon, sled, laundry basket)**



**#3. Animal walks - bear, frog, snake, lizard**

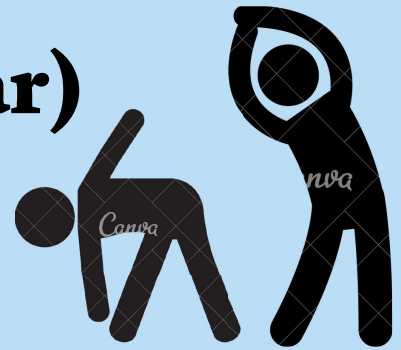


**#4. Cuddle, squish or partner songs - e.g. Row, row your boat**



**#5. At the park - Climbing, hanging, digging**

# Activities for... Regulation (Vestibular)



**#1. Up & Down**  
- Jumping,  
Bouncing



**#2. Front & Back**  
- Swinging, Rocking  
chair, hammock



**#3. Upside Down**  
- Hanging, Touch  
toes, Somersault



**#4. Circles**  
- Spinning, Ring  
Around the Rosie

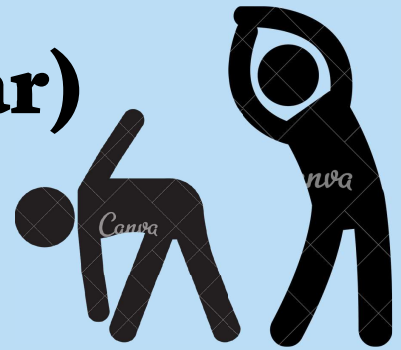


**#5. Crash & Bump**  
- Jump into pillows,  
couch or a pool

\* NOTE: All unstructured movement can become overstimulating.

\* Circles/spinning or crashing can quickly make a child overstimulated – check for flushed cheeks or dysregulation, overwhelm or overstimulation.

# Supporting... Regulation (Vestibular)



## #1. Speed

- **Fast** = alerting
- **Slow** = calming



## #2. Rhythm

- **Unpredictable** = alerting
- **Rhythmic** = calming



## #3. Structure

- **Unstructured** = alerting
- **Repetitive** = calming



## #4. Direction

- **Various** = alerting
- **One direction** = calming

Things that will make a vestibular activity more:

- **alerting** (could become overstimulating)
- **calming** (grounding & help with focus)