

## Calming Activities

Plan to use activities to calm before stressful tasks, before needing to attend or at bedtime.



- 1- Use linear movement: swinging, rocking
- 2- Dim lights, small spaces help to relax. Try using small rooms, closets, tents to perform tasks, or just as a “quiet corner” to calm.



- 3- Use relaxing scents, lavender, vanilla
- 4- Use oral input: sweet tastes/sucking are relaxing. Try fruits, jello, use straws, candy (beware that sugar can increase activity level)



- 5- Use slow, rhythmical music to help calm.
- 6- Wrap child snugly in blanket or towel. (do not place over child's head) Go swimming.
- 7- Talk to OT about listening therapy.

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-Make a “quiet corner.” Have a tent with a beanbag chair and blanket inside. Use only for quiet things such as reading, or getting composure when upset. If used as punishment it will lose effectiveness.

- Make a “pizza” on your child. Knead the “dough” with deep pressure massaging on arms, legs and back. Firmly press on pepperoni, sauce, cheese or whatever else child wants.

- Make a “sandwich” by placing child’s body (not head) between two pillows and giving deep pressure. Take care not to press too hard and hurt child. Always respect child’s cues. (this will also foster trust.)

- Rock child slowly in a hammock. Place a blanket on them if they wish. Play relaxing music and dim lights.

All activities are general suggestions, to be used at your own risk. For details on Occupational Therapy individualized treatment program, please contact OT

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