



CALMING STRATEGIES for ANYONE, ANYWHERE

These are some of my favorite sensory-based strategies to teach children to use throughout their day to learn to become calm and regulated.

Really, anyone can benefit from them, anytime, anywhere. When frustrated, give them a try to help you find that inner calm and focus!

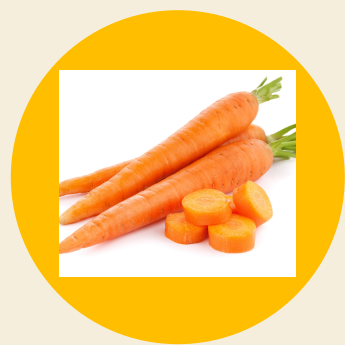
How they work: All the strategies provide proprioceptive sensory input through the muscles and joints (that are used for that activity). Proprioception sensory input has a calming and organizing effect on the nervous system.

WATER BOTTLE WITH STRAW

People often carry water bottles with them throughout the day. Children have water bottles at school, park, & classes. One can suck or bite on the straw for the calming sensory input.



CRUNCHY & CHEWY FOODS



When planning which foods for meals and snacks, choose foods that have crunchy or chewy textures that make your mouth muscles work more. In return, that provides more intense sensory input to your nervous system.

TAKE THE STAIRS

Whether the flight of stairs are short or long, most places that we access throughout the day have stairs! Climbing stairs, running, and walking, all provide proprioceptive sensory input to your body's muscles.



DEEP BREATHS



Deep breathing is supported in many fields as providing health benefits to your body.

Practice diaphragmatic breathing:

1. Slowly breath air through your nose.
2. Gently blow air out through your mouth.

Try adding a second longer of inhalation and exhalation to each breath, as you comfortably can.

PUSHING

- Put your hands on the sides of the seat/chair and push down
- Push down on the floor with your feet
- Squeeze your hands hard
- Push your hands together
- Put your hands on your head

