

# KEEPING KIDS CALM: THE BEST CALMING MOVEMENT IDEAS

There are many strategies we can use to help kids with calming and self-regulation – from calming breathing techniques to guided meditation for kids to calming sensory strategies for school. One of the most effective calming strategies for many kids is movement.

Rapid or less predictable movement experiences, as well as activities that include rotary movement (spinning), tend to have more of an alerting effect on kids.

On the other hand, slow, linear, and repetitive movements are often used by therapists to provide calming vestibular input for kids who tend to demonstrate a heightened level of arousal and alertness.

Try the following ideas, toys, and activities while focusing on keeping a slow pace and providing linear, repetitive, predictable rhythmic movement.

- 1 || Swinging on an indoor or outdoor swing like the Hugglepod from HearthSong.
- 2 || Row Your Boat Activity
- 3 || Rolling forward and back over an exercise ball
- 4 || Rocking chair
- 5 || Rolling forward and back over a bolster
- 6 || Rocking horse
- 7 || Gentle bouncing on an exercise ball
- 8 || Three-seat Rocker Toy
- 9 || Swurfer Swing
- 10 || Gentle bouncing on a Slackline
- 11 || Scoop Rocker
- 12 || Rocking on a Balance Board
- 13 || Rolling forward and backward on a scooter
- 14 || Rocking on a hammock