

DIY CALM DOWN KIT

1 || Disc Counters Print, laminate, and cut out the disc counter templates and you'll have instant counters to help kids understand how many repetitions of a calming activity they should perform. Just add velcro to the discs and the square templates. If a child is going to squeeze the firm therapy putty 10 times, for example, you can take off one of the green discs for each of the repetitions. When the discs are gone, the calming break is over!

2 || Deep Breathing Use calming breathing techniques to help kids become more aware of their breath and to calm their bodies and minds.

3 || Simple File Folder Tasks Include a couple of quick and easy file folder tasks that a child can complete in a quiet area of our play space for a calming break. Sometimes a focused, repetitive task like this can help a child calm down and reset.

4 || Hoberman Sphere This toy is a great visual prompt for deep breathing. Hold the sphere (or have the child hold it if they're able to control its movement) and stretch it open as the child inhales. Slowly collapse it as the child exhales. It's a mesmerizing strategy for practicing breath awareness.

5 || Put In Tasks Simple, repetitive fine motor tasks can often have a calming effect on kids. Try creating a simple task using a clean, empty plastic container and a handful of coins or buttons. Cut a slit in the top so the child can push the manipulatives through.

6 || Vibrating Massager A vibrating massager can be a great calming tactile option during break times. Kids can even use it as a fidget tool during quiet seated activities.

7 || Kitchen Timer Use one of these instead of the disc counters (see #1 above) – the beep gives a clear ending to each break time.

8 || Visual Timer This is a great option for kids who need a visual component to understand how much longer their calming break will last.

9 || Therapy Putty Squishing and squeezing firm resistance therapy putty can be an effective calming proprioceptive activity for kids.

10 | Resistance Band Pulling against the resistance of a therapy band is another awesome calming/organizing sensory activity.

11 || Lavender Lotion Using the olfactory system can be another effective option for calming and, pairing it with the calming tactile experience of rubbing lotion on the child's hands can be an effective strategy.





