

<p><b>CALMING/ORGANIZING STRATEGIES</b></p>
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### **Deep Pressure**

- ❖ Firm massage to hands, arms, and shoulders
- ❖ Big, firm hugs
- ❖ Deep pressure down through the shoulders while sitting in a chair
- ❖ Wearing a weighted vest, fanny pack, or backpack
- ❖ Kid sandwich between mats, cushions, or large pillows
- ❖ Classroom jobs: moving or stacking chairs, carrying a stack of books or lunch trays, pushing a loaded cart
- ❖ Sweeping with a large broom or sweeper, both on smooth floors and carpeting
- ❖ Placing items on shelves above shoulder level
- ❖ Have the student push against a wall or down on the table/ desk with his arms
- ❖ Roll a large therapy ball over student as he lays on floor

### **Movement**

- ❖ Walking daily including stairs, steps, ramps, or other surface changes.
- ❖ Slow linear swinging (front to back or side to side)
- ❖ Sitting in a rocking chair
- ❖ Sitting on a barely inflated beach ball or air cushion on the chair seat or floor
- ❖ Roll neck slowly in circular motion

### **Oral**

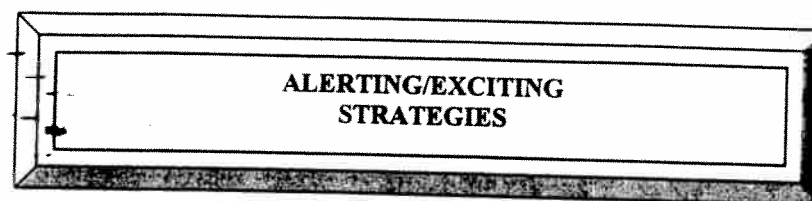
- ❖ Use straws or coffee stirrers to drink
- ❖ Sucking on hard candy
- ❖ Chew on rubber tubing
- ❖ Warm foods can be more calming
- ❖ Drinking from a sports bottle

### **Touch**

- ❖ Wash face with warm washcloth
- ❖ Pet or play with a small animal
- ❖ Hands on projects with glue, paints, whipped cream or shaving cream
- ❖ Use hand fidget toys while listening to instructions

### **Listen**

- ❖ Listen to slow, soothing music
- ❖ Use headphones to decrease environmental noises
- ❖ Use a soft, low voice when talking with students



### **Deep Pressure**

- ❖ Tug of War
- ❖ Using light handheld weights

### **Movement**

- ❖ Rotational swinging (spinning or circular)
- ❖ Bouncing on therapy ball or hippity hop
- ❖ Jumping on a mini trampoline
- ❖ Climbing on equipment and then jumping down
- ❖ Jumping, bouncing, or hopping during music
- ❖ Rolling against the wall while standing

### **Oral**

- ❖ Choose crunchy or chewy foods: Fresh fruit, raw vegetables, pretzels, beef jerky, granola bars, raisins, and peanut butter crackers are some suggestions.
- ❖ Cold foods are alerting: Popsicles, ice, ice cream
- ❖ Drinks with a sour or strong flavor (cold lemonade)
- ❖ Chew flavored gum (cinnamon)
- ❖ Brush the teeth after snacks and meals
- ❖ Blow toys (whistles, bubbles, balloons)
- ❖ Electric toothbrush

### **Touch**

- ❖ Play with vibrating toys
- ❖ Use vibrating pen to write
- ❖ Wash face with cold water

### **Listen**

- ❖ Songs that have movement or activities involved (clapping, dancing, stomping)
- ❖ Listen to music with bass or uneven beat (marching)