

Calming Activities

Oral Motor Calming Strategies:

- Drink a thick liquid (ie. A milkshake, smoothie, or applesauce) through a straw or juice boxes through a tiny straw.
- Keep a sports water bottle nearby.
- Blow bubbles.
- Suck a hard candy, frozen fruit bar or spoonful of peanut butter.
- Eat tough/chewy snacks like pepperoni, beef jerky, bagels, fruit leathers.
- Have your child try to blow up a balloon.
- Have you child blow through a straw to move a ping pong ball, cotton ball or feather along the floor.
- Blow bubbles with a straw in drinks or dish soap.



Heavy Work Calming Strategies:

- Carrying large rocks
- Pulling a wagon loaded with dirt, rocks, bricks, a person, etc.
- Pushing a loaded wheelbarrow, cardboard box or shopping cart
- Climbing steep hills
- Digging with a big shovel in dirt or sand
- Moving furniture to build a fort or help clean a house
- Pulling a friend across the floor on a blanket
- Climbing trees
- Vacuuming
- Walking up and down slides, hills or ramps while pulling on a rope tied to the top
- Human wheelbarrow



Other Calming Strategies:

- Gentle rocking
- Slow walking
- Slow swinging
- Warmth
- Eating, sucking, chewing, licking
- Hot drinks
- Massage or deep pressure
- Dim lighting
- Being alone
- Soft instrumental music
- Pleasant smells
- Kind words
- Warm bath
- Few distractions
- Low frequency vibration (like riding in a car)
- Gentle, quiet voices
- Working at an activity that is easy and pleasurable
- Sense of control of self and environment

