



Sensory Calming Strategies

- Dim the lights / turn the light off
- Reduce noise (e.g. less or no talking, whisper, turn radio off)
- Wrap in a blanket
- Warm bath
- Bounce on gym ball
- Go for a walk
- Deep Pressure touch
- Snuggle in a bean bag
- Gentle 'squashes' with a cushion, pillow or soft toy
- Slow swinging back and forth in a blanket (younger children) on a swing (older children)
- Fidget toys
- Use a chew resource
- Hand/foot massage
- Foot spa
- Hide in a den/tent
- Finger hugs and tugs
- Blow, pop or watch bubbles

