

BREATHING

Slower and deeper
"5 Finger Breathing"
"Square Breathing"

Make the exhale longer
"Rectangle breathing"
"4-7-8"

Breathe through the
left nostril to activate the
parasympathetic nervous system

MOVING

Schedule physical activity
The Daily Mile
Stretch breaks
Jogging on the spot
Star jumps
Chair/Wall push ups

Add movement to
seated activities
Wobble cushions
Beanbag chairs
Fidget resources

Proprioception &
"Heavy work"
Pushing, pulling,
carrying, digging,
brushing, shovelling

RHYTHM

Patterned & repetitive games
Simon Says
Musical chairs/statues
Hopscotch
Row Row Row Your Boat

RHYTHM

Melodic communication
Vary the tone & pitch of
your voice and use animated
facial expressions

Add beats to
daily routines
Tapping, clapping,
drumming & humming

GROUNDING

Anchoring
Say what you see
Things that begin with "A...B...C"
5-4-3-2-1
Visualising my happy place
3 Good Things

EdPsychInsight 

Go for a listening walk
Imitate the sounds,
draw them or act out
what is making them

Creative activities
Lego constructions
Make a glitter jar
Colouring
Baking
Scrapbooking

Incorporate
different inputs
Add food colouring
and scents to sand
and play dough

SENSORY INTEGRATION

The Constellation of Regulation Part 1 of Dr Bruce Perry's 3 Rs