

General calming activities for a sensory diet			
Heavy work activities	Deep pressure touch activities	Oral / mouth activities	Vestibular input
<p>Aim: Whole body involvement: pushing, pulling, lifting, playing and moving. To achieve: general organisation; improved attention, arousal levels, body awareness and muscle tone; reduce sensory over-responsiveness.</p> <ul style="list-style-type: none"> • Wall / chair / floor push-ups • Clapping rhythms • Jumping activities, such as star jumps, scissor jumps / jumping on a trampoline • Push hands together at chest, i.e. in prayer position • Carrying heavy objects • Running • Vacuum • Tug-of-war • Swimming • Body stretches • Incorporate as much lifting, pulling, carrying and pushing into everyday activities and routines. • Gardening, such as raking, digging, pushing a wheelbarrow and carrying a watering can. • Use a plant spray to water plants • Lying on tummy on the floor to watch television • Hitting a punching bag • Climbing 	<p>Aim: Calming, organising, regulating arousal levels, relaxing, reduce tactile over-responsiveness.</p> <ul style="list-style-type: none"> • Foot and hand massage / rub. Use slow movements from ankle to toe / wrist to fingertips. Back massages • Push down on own head with fingers clasped together. • Shoulder squashes. Push down firmly and rhythmically on both shoulders simultaneously 10 times. • Use a weighted blanket, weighted vest or lap pad (as advised by an Occupational Therapist) • Use play dough, silly putty, clay • Squash between pillows or roll a ball over the child's back while they lie on their tummy. • Wear ankle or wrist weights • Being tightly rolled up in a blanket or duvet cover • Squeezing stress balls or hand toys • Press hands / feet together • Walking bare feet when appropriate • Warm bath 	<p>Aim: Involves: Chewing, sucking and blowing. To achieve: Calm, focus and improved concentration.</p> <ul style="list-style-type: none"> • Chewing: Chew on chewy food, e.g. dried fruits / gum / chewy sweets/bagels/cheese/granola bars/raisins/soft pretzels/popcorn • Resistive sucking: Use different straws, such as curly straws, thick and thin straws. Drink thick liquid such as milkshake / yogurt through the straws. Sucking a lollipop / ice pop/hard candies. Use a sports bottle with a long straw. • Blowing activities: Use blow toys, balloons, party blowers, whistles, harmonicas and other musical wind instruments. Blowing a feather from your hand. Blow soap bubbles. Blow out candles in various ways, i.e. initially blow out one candle, increase distance and amount of candles 	<p>Aim: Calming, improved levels of arousal and levels of attention.</p> <ul style="list-style-type: none"> • Slow, rhythmical movement by: Swinging on a swing / rocking in a rocking chair / swinging in a hammock • Slowly rocking back and forth while lying on tummy • Sit and gently bounce on a ball • Slow deep breathing