



5 Sensory Activities and Strategies for the Best Bedtime Routine

**YOUTUBE
FREEBIE**

Include these strategies into your child's bedtime routine to help with better sleep quality!

1 HEAVY WORK

Heavy work (a type of proprioceptive input) is generally calming to the nervous system. It involves the use of your muscles - anything that works your muscles is considered heavy work. Many children seek out heavy work in the form of jumping or running.

Try these heavy work activities during the bedtime routine:

- Jump and crash on a cushion
- Roughhousing
- Deep full body squeezes
- Slow animal walks
- The turtle crawl (place a weighted blanket on your child's back as they slowly crawl)
- Steamroller (while your child lays on their back, gently roll a large ball up and down their body, providing deep pressure)

2 ORAL MOTOR ACTIVITIES

Oral motor activities are a great way to provide heavy work / proprioceptive input to the oral structures, which oftentimes provides a sense of calm and regulation. If your child seeks out oral motor input during the day, adding some specific oral motor activities into the bedtime routine can be a game changer!

- Deep breathing while laying on your back
- Bubble mountain
- Blowing a feather in the air while laying on your back
- Blowing a pinwheel
- Use a vibrating toothbrush
- A specific snack before bed that is crunchy or chewy

3 REDUCE VISUAL STIMULI

If your child's room is full of toys and has a lot of "things" laying around, it might be too visually distracting which can affect sleep!

Spend time each evening before bed cleaning up the bedroom. Try using different types of storage containers to remove the distracting toys from eyesight before bed.

Grab a laundry basket and have your child push it around their room, gathering all of their toys in the basket to clean up and put away in the closet.



4**USE MUSIC**

Add music into the bedtime routine. Listen to their favorite movie soundtrack or their favorite songs while completing their heavy work routine, getting pajamas on, brushing teeth, etc. Then when it's time to be quiet and calm for sleep, turn on slow classical music that creates a sense of peace in the bedroom (also be sure to dim / turn down the lights!).

You can also use a therapeutic listening program during the bedtime routine which can help your child feel more calm and regulated before sleep.

5**QUIET TIME ACTIVITIES BEFORE BED**

You may already use a quiet time activity before bed. If not, try including one (or two!) of the following activities into the routine - these are great to do for 5-10 minutes AFTER the heavy work routine, pajamas, toothbrushing, and after their bedroom is clean; maybe you've dimmed the bedroom lights, are listening to soft classical music, and your child is already laying in bed to complete their quiet time activity.

- Read a book together
- Talk about the day and/or the upcoming day
- Identify 3 things you're grateful for
- Journal (there are lots of guided children's journals available!)
- Full body massage or hand massages
- Tell a story together

BONUS!

1 THE LISTENING PROGRAM BY ADVANCED BRAIN TECHNOLOGIES

Check out one of our favorite companies! Dive into their therapeutic listening program today!
<https://advancedbrain.com/>

2 HARKLA SLEEP PRODUCTS

Check out our sensory products specifically for SLEEP!
<https://harkla.co/collections/sleep>

3 WHAT IS PROPRIOCEPTION?

Learn more about heavy work and proprioception by reading this blog article:
[What is Proprioception?](#)

Want more help?!

[CHECK OUT OUR SENSORY DIET DIGITAL COURSE!](#)

- Why Sensory Diets are essential for sensory kiddos
- How to evaluate your child's specific sensory needs
- How to create & customize a Sensory Diet for your child
- Sensory Diet examples, ideas, and templates

<https://harkla.co/products/sensory-diet-course>