



**YOUTUBE
FREEBIE**

8 Best Sensory Activities for Regulation and Calm

1 DEEP BREATHING

Teach deep breathing to help regulate the nervous system.

5 finger breathing, belly breathing, infinity loop breathing, and bubble mountain are great activities to help teach your child how to take a deep, full breath.

2 GO OUTSIDE

Being outside is regulating. Try to spend 10-15 minutes in the morning and in the afternoon outside. Try adding a bedtime walk around the block into your routine.

3 STIMULATE YOUR ORAL, OLFACTORY, AND GUSTATORY SENSES

Get a crunchy snack, drink some cold water or warm tea / hot chocolate, and diffuse some essential oils - stimulate your oral, olfactory (smell), and gustatory (taste) senses!

4 MEET THE SENSORY THRESHOLD

Make sure you're helping your child meet their sensory threshold. This means that they are getting the just-right amount of sensory input that their body needs to feel regulated. This might mean you need to help them get more movement in throughout the day!

5 DECREASE VISUAL INPUT

Dysregulation can often occur or be made worse if the environment is too visually overstimulating.

Decrease clutter, clean off tables and counters, put toys away in bins / closets, reduce artificial lighting.

6 CONNECTION

Get down on your child's level and play with them. Build connection by engaging in their preferred activities.

Put your phone down for 10-15 minutes every day and follow your child's lead.

7**MORE PROPRIOCEPTION**

Add more heavy work and deep pressure activities into the day. This can include pushing/pulling heavy objects, chewing gum, animal walks, and massage.

8**CO-REGULATE**

When your child is dysregulated, help them by co-regulating. This means you are there to help them, you remain calm and quiet, and you help them to feel safe.

Want more?!

CHECK OUT OUR DIGITAL COURSES!

- Primitive Reflex Digital Course
- Infant and Toddler Digital Course
- Sensory Diet Digital Course
- Gross Motor, Fine Motor, and Visual Skills Activity Courses
- Multi-Sensory Activity Course

<https://harkla.co/collections/courses>