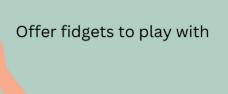
RELAXING THE NERVOUS SYSTEM



Calming activities should be completed as the last portion of a sensory break. These types of activities are essential to complete after vestibular and proprioceptive work. ** It is recommended to avoid IPAD and PHONE use in the sensory room **

Fidgets





Breathing exercises



Practice breathing exercises

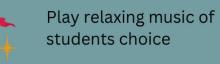


Kinesthetic play

use water play, sand or other kinestetic tool to play with



Music







Lights



Using flash lights and other available lights while encouraging students to focus on light (avoid strobe light especially in those with seizure activity)

Engaging through our 5 senses, through purposeful action (breathing, smelling, touching etc.) will help to support our students to find a calming activity.

