

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 ****

1

Fidgets



Offer fidgets to play with

2

Breathing exercises



Practice breathing exercises

3

Kinesthetic play



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

4

Music



Play relaxing music of students choice

5

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.

