

Sensory Regulation

Tips for Parents/Carers



Strategies for Staying Calm



Rhythmic Movement
Rock, swing, walk, roll
on ball.



Touch
Massage, deep
pressure, cuddle,
vibrating toy.



Look & Listen
Dim lights, reduce
noise, headphones
with music or white
noise, quiet space.

Strategies for Staying Alert



Fast Movement
Jump, stomp
feet, run, ball
games, pushups.



Muscle work
Push, pull, carry,
crawl.



Mouth activities
Chewing, crunchy
foods, drink, take
deep breaths.