

Calming/Self-regulation Through Heavy Work

Activities that involve the whole body can help a child calm and self-regulate.

- Wash kitchen table or counters
- Load and unload dishwasher
- Take out garbage
- Help rake leaves and shovel snow
- Fill big trucks, wheeled carts etc. with heavy blocks and push with both hands
- Chew on gum or chewy candy - licorice, fruit roll-ups, Starburst or Tootsie Rolls
- Snack on crunchy foods - dry cereal, vegetables, pretzels, or popcorn
- Suck through a straw
- Help carry laundry and/or groceries
- Work with play dough or putty
- Open doors for family members
- Sports activities that include running and jumping
- Crab walk, bear walk, army crawl or wheelbarrow walk
- Jumping jacks
- Climb or hanging on playground equipment
- Push against a wall
- Chair push-ups
- Jump on a trampoline
- Give child pressure with hug