

School Activities for Self –Regulation

Encourage the child to use their muscles to push, pull, lift, and carry regularly throughout the day to help with sensory regulation



Heavy Work Tasks

Erase the whiteboard/chalkboard
Wipe down desks or table tops
Carry/hand out books
Push or stack chairs
Use a stapler
Sharpen pencils
Wear a weighted backpack
Carry baskets of items
Cut thick paper or card with scissors
Use a hole punch
Use a guillotine to cut paper
Put out mats for P.E
Help to lift/move/rearrange equipment and furniture
Push feet against an exercise band tied around chair legs

Weight Bearing Activities

Chair push ups
Wall push ups
Jump on a trampette
Use a space hopper or bounce on a gym ball
Play tug of war games
Use climbing and balance equipment
Play animal walks
Lie on a gym ball on your tummy and walk your hands out
Throw and catch a heavy ball
Jumping games e.g. skipping, bean game, P.E activities, hopscotch

In Early Years

Construction such as Interstars
Ride on toys
Sand/water trays/mud kitchen (scooping, pouring, and digging)
Parachute games
Playdough
Push and pull heavy toys e.g. a loaded pram/trolley/wagon
Play row row row your boat
Play with large cardboard box fill with heavy objects/toys, push it around, climb on it
Crawling games

School Activities for Self –Regulation

Calm Down Activities

Deep pressure can help to calm a child if they are becoming over stimulated

Eat crunchy foods

Hand hugs: using your hands apply firm pressure to your child's limbs in a squeezing motion. Some children may direct where they want the pressure and others may apply the pressure themselves

Stress balls/koosh balls: allow your child to squeeze and manipulate a range of textures as this can be soothing

Weighted lap/shoulder pads

Vibrating cushions

Ball squash – roll a large gym ball over your child's limbs and back whilst they are lying on their tummy.

Crunch an ice pop or crushed ice

Suck thick liquid through straws

Pressure on head: Encourage the child to place palms of hands on the top of his/her head and press down (this can be described as squashing himself into the floor) with even pressure for the count of 25. Repeat twice.

Use a ball: Ideally a foam/squashy ball-The child holds this between two flat hands in front of their chest. Squash the ball as hard as possible to flatten it and hold the count for 50. Repeat once.

Half press-ups: Child lies on their tummy on the floor and pushes on to outstretched arms. Only do 10 of these in one go.

Cushions, duvet, blanket or a pile of coats: Allow the child to wrap themselves up in these as he/she needs to. The child may also like some steady gentle pressure on the cushions for a short time.

Push against wall or down on desk for count of 20. Push against parent hands outstretched, adult to vary force and direction of push slightly to facilitate change of body position.

Keep Moving!

It is important to change position regularly. Introduce a movement break if a child is losing concentration or is very fidgety

Run an errand for the teacher

Store stationary under the child's chair so they have to bend down to pick up supplies

Work in a different position where possible e.g. in kneeling or lying on tummy

Have the children move to different parts of the classroom for different activities

Complete a short go noodle/brain break/shake your sillies out video as a class

Between lessons ask the children to stand behind their chairs and complete an 'on the spot' activity e.g. hop/stand on one leg/star jumps

Adopt a Yoga pose

Sing head, shoulders, knees and toes with actions and at varying speeds

Play a short game of 'Simon says'

Make movement break cards – allow pupils to take turn at picking a movement activity. Resources available on Twinkl



Desk Based Activities to Support Regulation

Chair push-ups

Grasp either side of the chair seat and push up to lift your bottom from the seat

Chair pull-downs

Grasp either side of chair and pull your bottom down into the seat

Desk Pushes

Stay seated and rest forearms on the table with palms face down. Lean forward and push bottom out of chair.

Knees waves

Place feet on floor, hands on knees; move your knees in and out while resisting it with their hands

Foot stomps

While seated in desk and grasping sides of seat with your hands, quickly raise and lower each leg with knees bent to “stomp” feet

Quick Tug o’ War

Grasp hands with student beside you and tug (gently) back and forth

Hand Presses

Turn to the peer beside you, place your hands together, and then push or press. Alternatively press down on top of your head or push your hands together in a ‘prayer’ position.

Hand Hugs/ Bear Hugs

Student squeezes up and down their own arms and then wrap their arms around themselves to provide a tight bear hug.

Leg Raises

While seated in your desk with your hands holding each side of the chair seat, lift your legs off the floor with legs straight and hold for a count of 5-10 seconds

Reach and stretch

Standing beside your desk, reach to the sky

Chair Leg Pulls

Hook your feet around the legs of your chair/desk, pull the chair legs together

Power March/ Jumps

March in place beside desk then complete star jumps or jumping two feet together

Rhythmic Body Claps

Clap hands, clap hands on knees, clap hands on shoulders and other body parts