

Home Activities for Self –Regulation

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



Heavy Work Tasks

Carry groceries

Carry a full laundry basket

Move/empty the bins

Load/unload the dishwasher

Water plants with a jug or watering can

Clean windows

Load/unload the washing machine

Help to peg out clothes

Dig/rake in the garden

Mop or Hoover the floors

Push a shopping trolley at the shops

Carry and sort the recycling

Baking/ mixing/ stirring/ chopping

Weight Bearing Activities

Chair push ups

Wall push ups

Jump on a trampette inside or trampoline outside

Use a space hopper or bounce on a gym ball

Play tug of war games/ row row row your boat

Build a fort

Have a pillow fight

Make and complete an obstacle course

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, hopscotch

Use an exercise band

Exercise class/ sport/ exercise band/ weights/ punch bag/ gym

Ride on toys/ scooter/ bike

Sand/water trays/mud kitchen (scooping, pouring, and digging)

Playdough/ theraputty

Push and pull heavy toys e.g. a loaded pram/trolley/wagon

Play with large cardboard box fill with heavy objects/toys, push it around, climb on it

Use park/playground equipment

Craft activities involving cutting/ tearing/ hole punch/ stapling/ stamping

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Wrightington, Wigan and
Leigh Teaching Hospitals
NHS Foundation Trust

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

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

Move to different parts of the house for
different activities or go outside

Complete an online movement based video
such as cosmic kids

Adopt a Yoga pose

Sing an action song like head, shoulders,
knees and toes

Play a short game of 'Simon says'/ hide and
seek/ musical statues

Have a walk/ walk the dog

Play with pets

Play hand clapping games

Have a dance break to your favourite music

