

## **SELF-REGULATION TOOLS**

Is your child having a hard time staying calm during certain times of the day? Do they become upset every time it's time to eat supper? Do they have a really hard time getting out of bed and ready for the day? Attached are some ideas for a "Self-Regulation Toolbox"—these are things your child can have access to and encouraged to use during times they need a little movement, a fidget, just a break, or a chance to calm down.

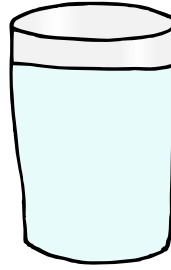
# Calm Down Toolbox



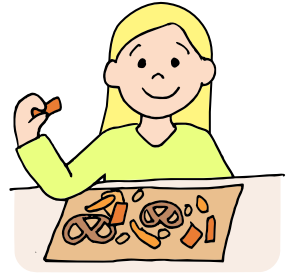
Take a Walk



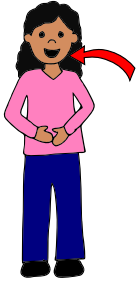
Wear Noise Cancelling Headphones



Drink Some Water



Ask for a Snack



Take a Deep Breath



Hold a Soft Blanket



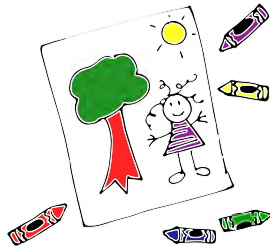
Hug a Stuffed Animal



Jump 5 Times



Read a Favorite Book



Color a Picture



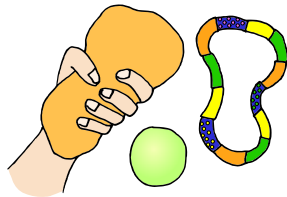
Sit in a Calm Place



Take a Rest



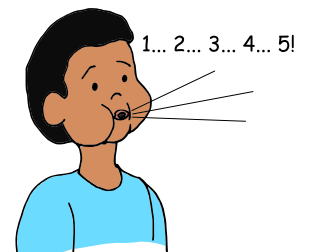
Listen to Music



Hold a Fidget



Push a Wall



Breathe and Count

## **WEBSITE RECOMMENDATIONS**

The websites listed below provide free activities to use if you are looking for something to do at home!

Go Noodle YouTube Channel

(<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>)

This provides access to a lot of silly songs to get your child up and moving!

Crayola Free Printable Coloring Pages

<https://www.crayola.com/featured/free-coloring-pages/>

Cosmic Kids Yoga YouTube Channel

<https://www.youtube.com/user/CosmicKidsYoga>

The OT Toolbox-Tools for Parents

<https://www.theottoolbox.com/parent-toolbox/>

Blog posts with general OT activity suggestions and tips

The Spruce Crafts

<https://www.thesprucecrafts.com/free-printable-activities-for-kids-1357482>

Lots of free printable activities for kids of all ages! Includes seasonal activities