

SENSORY AND NERVOUS SYSTEM PRACTICES FOR CALM AND DE-ESCALATION

MENU #2 FOR STUDENTS & ADULTS

Play with a slinky

Feel a shell

Feel a smooth stone

Eat crunchy snacks such as veggie sticks

Four deep breaths

Put on small wrist weights

Place an outline of hands on the wall and push on them.

Tapping

Hand cream

Sit on therapy ball

Play with and feel a fabric square

Listen to the birds for two minutes. Find a rhythm in their chirps. How are they different or similar?

Jumping-jacks

Rub gently on clothes - really feel it!

Draw, color, any art project

Eat sweet, hard candies or sour candies

Put on a worry bead bracelet

Push against the wall

Create yarn balls

Kneel on the ground or on a chair to ground yourself

Hold and squeeze a soft pillow

Chew gum, eat raisins, eat lollipops

Joint compression: stand, hang hands on head, bounce on heels gently

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A MENU FOR STUDENTS & ADULTS

Chew on ice

Place a baggie of ice on an area on the body

Wrap up in a blanket

Take your shoes off and walk in the grass or a surface in nature for a bit

Hum, whistle, or sing

Place a fan in front of you and feel the moving air

Drum up and down your legs and arms to increase circulation

Doodle

Rock or swing

Sit on your hands or legs

Drum, tap, or snap fingers

Write/describe who you are in a calm regulated state, flight/fight state, and shut down state

Create a personal calming space for yourself at school and home

Hand massage

Splash cold water on your face

Run your hands under warm water

Take a walk outdoors

Text/call a trusted friend or family member

Three deep breaths

Find a smooth stone & roll it on your hands for a few seconds with deep breaths

Run your hands through uncooked rice, beads, marbles, sand, etc.

Make a sensory table or space

Write a letter or draw an image of how you feel in the moment