

Ideas for Self-Regulating Activities

Is it Calming Or Alerting?

- Sweet flavours = Calming
- Sour, spicy flavours = Alerting

- Warm showers = Calming
- Cold showers = Alerting

- Arrhythmical = Alerting

- Firm touch = can be alerting or calming. A close firm hug can be soothing and calming. Rough-house play like playful wrestling with a friend can be either alerting or calming dependent upon factors such as comfort with the type of touch, other stimuli such as texture of floor, smells, noise, if you enjoy the activity, and are comfortable with touch. An unexpected rough or hard brush against someone as you walk across the classroom can make some people angry or feel anxious at both the feeling of the hard touch and the unexpectedness of being touched.
- Soft touch = generally calming with touching like patting your dog's soft fur however if you don't like being touched you may find it uncomfortable and distressing if someone touches you lightly on the arm to get your attention.

- Citrus, peppermint, eucalyptus smells = Alerting
- Lavender, chamomile, clary sage smells = Calming

- Fast spinning = Alerting
- Slow spinning = Calming

- Fast swinging = Alerting
- Slow swinging = Calming

- Fast rocking = Alerting
- Slow rocking = Calming

- Fast heart rate = Alerting
- Slow heart rate = Calming

- Fast breathing = Alerting
- Slow breathing = Calming

