

## Ideas for Self-Regulating Activities

### Alerting

- Anything fast is usually alerting. Ideas for moving faster:  
*Running, skipping, jumping, dancing, spinning quickly, log rolls down a hill*  
*Rubbing your arms and thighs quickly*  
*Squeezing your arm muscles quickly 20 times*  
*Listening to music with a quick beat – turning up the sound also helps alert you*  
*Beat eggs with a hand whisk – use the eggs to make scrambled eggs or a cake*
- Rooms that look and feel cluttered with lots of furniture, cushions, pictures on the wall, photos and ornaments on the shelves, bright colours, piles of books can alert your body and even make it feel overwhelmed by so many objects and different colours. If you like the alert feeling, play some happy, upbeat music and play an active game like Twister or charades. If the cluttered room makes you feel uncomfortable, ask to burn an incense stick of lavender or vanilla and listen to slow, soft music to calm you, hum softly and rock slowly on the floor.
- Loud is alerting. Sing loudly, make noise as you play, listen to loud music, play your musical instrument loudly, tap a noisy tune on your body parts, clap hands, stomp feet, make loud animal noises, whistle, hum, cheer on a favourite footy team or a friend's basketball game, make a woodwork project with a hammer and nails, play a noisy video game and react loudly, watch a funny video and laugh loudly with fun. Think of some other ways you can be loud which are safe and suitable to the space you are in.
- Movement of your body can be both alerting and calming. Playful games of roughhousing with a parent or sibling on the lounge room floor can make you feel alert and ready to do your house chores or it can burn up some energy and the movement of your muscles, bones and joints can calm you. Heavy work describes activities like pushing, pulling, carrying, lifting, dragging, running and wrestling which are great ways of moving to alert your body. If you are feeling low in energy and you have homework to complete, go for a walk outside, do 10 star jumps, try some stretching, blow bubbles through a straw in a smoothie or using a bubble maker, chase your dog around your yard, or any easy movement activity to move your muscles, bones and joints.
- Bright lights, moving lights like strobe lights and flickering lights such as fluorescent lights in classrooms and are alerting which some people enjoy whilst they make other people feel uncomfortable and anxious. If you are feeling sleepy and want to finish reading a good book, turn on a bright light or go sit outdoors or in a sunny, bright room to help you feel alert if the lighting is comfortable for you.

