

Ideas for Self-Regulating Activities

Calming

- Slow activities are usually calming. Ideas for moving slowly to calm you:
Slow, gentle rocking
Slow spinning
Sway gently in a hammock
Knead the muscles of your legs and arms with your hand slowly and deeply
Listen to slow music, softly
- Rooms without much furniture, cushions, pictures or colour can be calming places to read a book, listen to soft music or do a craft like drawing, colouring, sewing or beadwork. If you want to feel more lively and alive in the room, take a brightly coloured pillow and blanket into the room, play some fast music and dance, have an orange juice with ice and munch on a crunchy muesli bar.
- Soft is calming usually. Soft music, soft pats of your dog or cat, having your hair brushed softly, hugging a soft toy, walking softly, play a quiet game of cards, read a book, do a craft project like painting, colouring, knitting, card-making, a quiet conversation with a friend.
- Movement of the body can be calming or alerting. If you are feeling full of energy and your mind is racing, try some slow stretching that you hold for 20 seconds, hold a plank position for 20 seconds, do some walk or floor push-ups, chew on a chewy muesli bar. Add some calming slow, soft music and maybe burn a calming incense stick such as clary sage, chamomile or lavender.
- Soft lighting or low lighting is calming. To prepare yourself for sleep, dim the lighting.

