



WHOLE CLASS STRATEGIES

CALMING ACTIVITIES

To facilitate attention and focus, try:

- Offering fidget tools: Koosh Balls, paper clips, straws (can be used for bending or chewing), Play Doh, etc
- Using a sports water bottle (with straw for heavy work of the mouth)
- Teacher's Helper - Hand out papers, wipe boards, move furniture, etc
- Carrying a weighted backpack when walking in the hallway
- Thera-band wrapped around chair legs
- Placing Velcro strips underneath the desks for tactile input
- Move 'N Sit cushions offer dynamic sitting opportunities
- Using weighted items (e.g., lap pads, neck wraps, weighted vests, and blanket)
- "Balloon Breaths" counted breathing (e.g., "breathe in for three, out for four")
- Peace Jar - write activities on pieces of paper for child to choose
- The 4 B's of Calming – Break, Brain, Body, & Breathe
- Reading while sitting in a heavy pillow or beanbag chair
- Isometric exercises:
 - Pushing hands together
 - Hooking fingers
 - Chair push-ups