

# Sensory Strategies for Home to Promote Self-Regulation



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# Goals for today!

- To provide ideas and resources for parents to create an optimal sensory environment for learning from Home
- To give practical sensory interventions to assist with overall self-regulation.
- To learn how to provide fun, easy sensory activities throughout the day for both you and your child to feel more calm and focused.



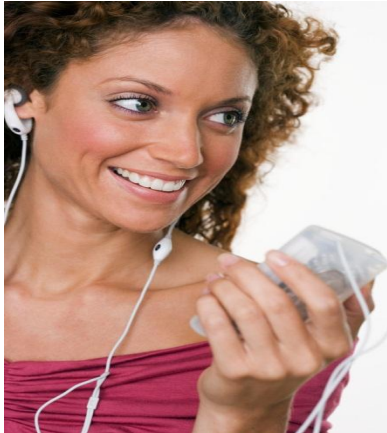
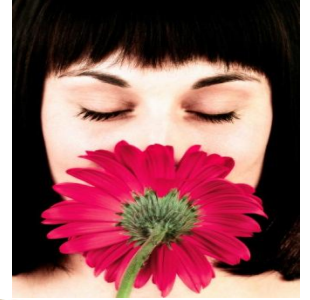
# We all have Sensory Integration!

## **Sensory processing**

refers to the way the nervous system receives messages from the senses and turns them into appropriate motor and behavioral responses.



# Sensory Integration- 8 senses



# Consider your own Sensory Differences:

- What is your morning routine?
- Do you have clothing preferences?
- How do you respond to sudden noises?
- Are there smells that you feel strongly about?
- Do you have to turn off background music to focus?

# Goal of Sensory Integration Interventions:

## *Self regulation*





# Definition of Self -Regulation

The ability to attain, maintain, and change energy states, emotions, behaviors, and attention in ways that are socially acceptable and help achieve positive goals.

- Maintaining good relationships
- Being available for learning
- Maintaining well-being
- Following expectations

# What does it look like in our kids when they are struggling?

**“On the go”  
Fidgeting  
Over reacting  
Shutting down  
Refusals  
Rigidity  
Perseverating on  
topic  
Distracted**





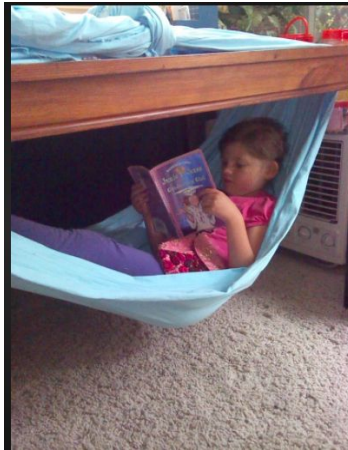
# Strategies for Home



1. Work with your child to create a “calming space” at home to use when they need a calming break.
2. Create an optimal place at home where they can focus best for learning.
3. Use the “Zones of Regulation” visual and have them check in throughout the day
4. Teach to Use a “code word” when your child is beginning to have difficulty and provide a visual for them to choose strategies to calm

# Calming Space at Home

Work with your child to create a “calming space” at home. It could be a quiet corner, their bedroom, a fort or tent area, ect.



# Optimal Learning Environment

Help to Create an optimal place at home where they can focus best for learning-



Provide fidgets that help focus: Stress ball, paper clips, snacks, water bottle



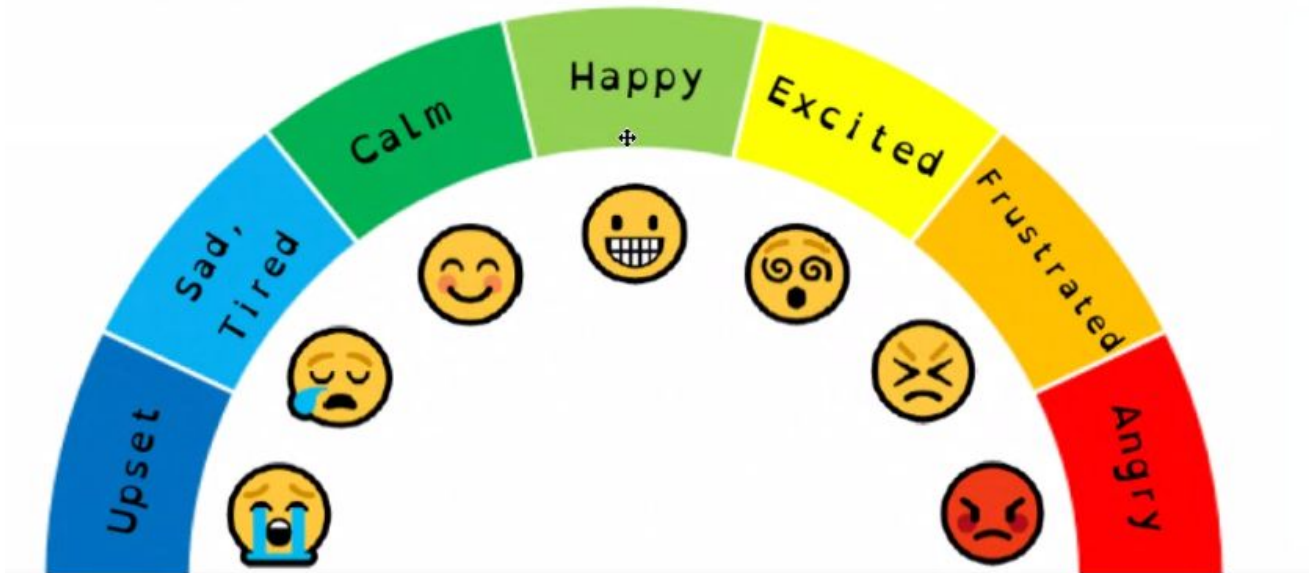
Use alternate seating: bean bags, cushions, stools, floor, standing at the table



Consider lighting options: daylight, dim lights, limited visual clutter, background noises

# The Zones of Regulation

Try using this “Zones of Regulation” visual and check in throughout the day with your child



# The Zones Of Regulation



## Blue Zone

sad  
sick  
tired  
moving slowly



## Green Zone

happy  
calm  
Focused  
ready to learn



## Yellow Zone

frustrated  
worried  
silly/wiggly  
excited



## Red Zone

mad/angry  
terrified  
yelling/hitting  
out of control

# Zones Tools for Staying in the Green

- ☐ Regulated
- ☐ The zone we need to be into do school work or be social
- ☐ The optimal place to learn
- ☐ Feeling calm, happy, focused, and/or content

The Green  
Zone





# Blue Zone Tools

## The Blue Zone

- ❑ Low state of alertness/arousal
- ❑ Body or brain are sluggish
- ❑ Feeling tired, bored, sad, or sick





# Yellow Zone Tools

- ❑ Heightened state of alertness/arousal
- ❑ Starting to lose control
- ❑ Experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion, or feeling wiggly.

The Yellow  
Zone



75 Awesome Calm Down Strategies for Kids:

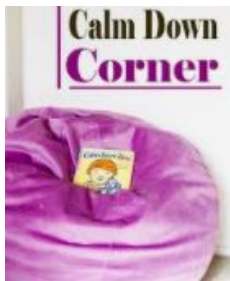
<https://parentswithconfidence.com/calm-down-strategies-for-kids/>



## 75 EASY AND FUN CALM DOWN STRATEGIES FOR KIDS

1. Slow down your breathing.
2. Get comfort from a warm compress.
3. Stretch.
4. Write a letter.
5. Breathe in a favorite scent.
6. Drink a glass of water.
7. Get wrapped up tight in a blanket like a burrito.
8. Run/walk around the outside of the house a few times.
9. Draw/color what your feelings would look like.
10. Squeeze something.
11. Do animal walks (bear, crab, frog jumps etc).
12. Yell your anger into a pillow/blanket/sleeve.
13. Watch an animal.
14. Climb.
15. Cuddle up with a cozy blanket.
16. Do a handstand.
17. Try a short guided meditation for kids.
18. Listen to music.
20. Jump.
21. Visualize a 'Happy place'.
22. Playdoodle with a gel.
23. Do a downward facing dog yoga pose.
28. Tell a grown up what you need.
30. Get a back scratch.
40. Take a warm bath.
41. Read a book about emotions.
42. Make your own foliot.
43. Rock back and forth.
44. Do a 'brain dump' in a journal.
45. Rip up or crumple a piece of paper.
46. Name 5 favorite things.
47. Chew gum or a chewy.
48. Rock yourself like a baby.
49. Cover up with a weighted blanket.
50. Color or read on your stomach.
51. Go to the park.
52. Watch a bubble timer or bubble stick.
53. Find a cozy space to crawl into.
54. Do 10 squats.
55. Squeeze your fists as tight as you can.
57. Remind yourself it's ok to be angry/upset/hurt.
58. No, seriously. Go outside!
59. Go for a bike ride.
60. Try a yoga video on Youtube.
61. Try an exercise video on Youtube.





# Red Zone Tools



The Red  
Zone

- ☐ Extremely heightened state of alertness
- ☐ Very intense feelings
- ☐ Not in control
- ☐ Explosive behavior
- ☐ Feeling anger, rage, panic, elation or terror



Calming music



Be the Pond | Cosmic Kids Zen Den ...  
youtube.com

[https://www.youtube.com/watch?v=yx\\_8bnRYL08](https://www.youtube.com/watch?v=yx_8bnRYL08)

# Sensory Activities to do at home

Try using a “sensory diet” throughout the day. These are activities that help keep the sensory systems calm. Every child is different, but here are some things to try while at home. If your child responds aversively to any of them, stop the activity and try another. These are meant to help calm and regulate.

# Heavy work activities

## **Carrying weighted toys**

Fill a 2 liter soda bottle with water and make a game that includes your child carrying the bottle for extended periods of time (1 minute at a time at least).

- Use an old laundry detergent bottle filled with water and have your child help water plants outside. You can screw the cap on and off to help promote fine motor skills.
- Have your child help bring in groceries – milk jugs, apple juice bottles, bag with large heavy boxes.

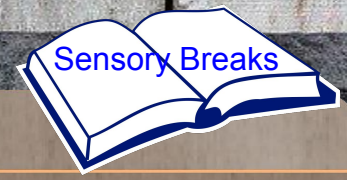
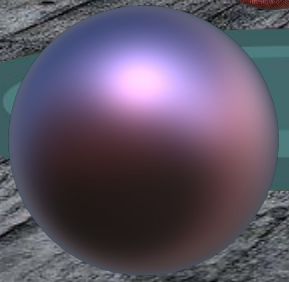
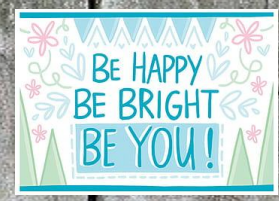
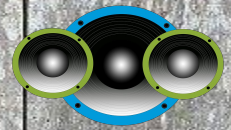
## **Pushing and Pulling games**

- Tug of war can provide some really great proprioceptive input
- Try using a therapy ball instead of rope to create a tug of war or pushing game.
- Have your child push a weighted laundry basket or push a sibling/friend that's sitting in the basket.

# Movement Activities

- **Jumping Activities**
  - Trampoline
  - On an old crib or bed mattress
  - Potato sack races
- **Animal walks**
  - crab walk
  - leapfrog
  - bear walk
  - army crawl
- **Isometric exercise**
  - push hands together
  - pull hands apart
  - chair push-ups
  - push-ups on a wall or on the ground
- **Climbing activities in the playground**
- **Yardwork**
  - Pushing dirt in a wheelbarrow
  - Digging in ground/sand with a shovel
  - Carrying bags of soil
  - Watering with watering can
- **Household tasks**
  - Mopping
  - Washing window or car – have child “buff” as this requires a good amount of forces
  - Pushing laundry basket





# Resources for parents about self -regulation

The sensory processing foundation: <http://www.spdfoundation.net/>

The STAR Institute: <https://www.spdstar.org/>

Calming Apps and videos:

<https://www.youtube.com/user/CosmicKidsYoga>

Relax Melodies, Sleep meditation for kids- Free Apps.

<https://www.popsugar.com/family/meditation-relaxation-apps-for-kids-47340420>

# Make sure to Do your own “Sensory Diet” throughout the day!

