

What helps keep me Alert and Ready to Play and Learn?

Try out some of these ideas with your child and see if they like them. If they don't like something, make a note on here, leave that and try something else. Try to find activities which your child likes and help them feel calm and alert. If they get over excited by something also make a note here. There may be other activities which you know really help your child. Add them to the list. Things which really help your child can be recorded on the 'Play and Learn' sheet to help remind people working with your child of the things which help them feel calm.



Try these when going Too Slow

Try giving the child cold or iced water in a bottle.	
Use bright lighting.	
Have the child pat cool water on his or her face.	
Take frequent breaks during more difficult tasks (march, hop, skip, run in place, jump, do 10 sit ups).	
Play loud, fast paced music before doing something which requires good concentration	
Encourage an active break time or outside playing time with swinging, running, sliding and climbing.	
Have a mini trampoline available in the inside or outside.	



Try these when going too Fast

Use low level lighting or dim the lights.	
Encourage the child to listen to quiet music or stories with headphones.	
Use a soft voice and slow down your movements and your speech.	
Provide a quiet hidden corner to play in.	
Provide a rocking chair or bean bag to sit in.	
Suggest that the child use a lap pad.	
Avoid rushing or hurrying the child as much as possible – plan ahead.	
Have chewy food available – liquorice, raisins, carrots, celery.	
Have crunchy food available – dry cereal, crisps, trail mix.	
Try bubble blowing, slowly blowing	
Have a sensory corner/area with heavy cushions, beanbags, teddies, and a variety of textures. Have a box/bag of sensory objects the child finds calming.	



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Too Slow?

Other things too try

Too fast?



Provide gentle pressure by placing your hands on the child's shoulders when he or she is seated and gently push down.	
Try giving the child "heavy" tasks around the house, for example carrying the shopping, arranging tins on shelves.	
Provide the child with pushing, pulling, carrying and lifting activities.	
Have the child push hard on a wall, do wall push ups.	
Try working in the garden, digging, moving things in a small wheelbarrow.	
Allow the child to manipulate hand fidgets or squeeze a small, hand held pliable ball or something stretchy.	
Have squeezing and stretching objects available, such as theraband, theratubing, koosh balls, playdough, clay and hand fidgets.	
Allow the child to chew on something when trying to sit for quieter activities.	
Allow the child to sit, lie or bounce on a large exercise ball	
Try other tasks: wiping tables, other areas with a cloth. Wiping/ washing a blackboard/ whiteboard.	
Try jumping, holding hands, between activities or while waiting.	
Try using as weighted lap pad or small heavy teddy, cushion when sitting for stories.	
Have wet sand (more resistance) for digging, raking, etc.	
Try blowing bubbles through a straw in the bath/ a bowl of water, blowing on a harmonica. Drinking thick milkshake/ yoghurt through a straw.	
Animal walks; crab, bear, frog, bunny hop etc	
Games where one child pulls another on a blanket and then swap places	
Being swung, (but only backwards and forwards – not round)	
Roll a large ball over them while they are lying on the floor	

