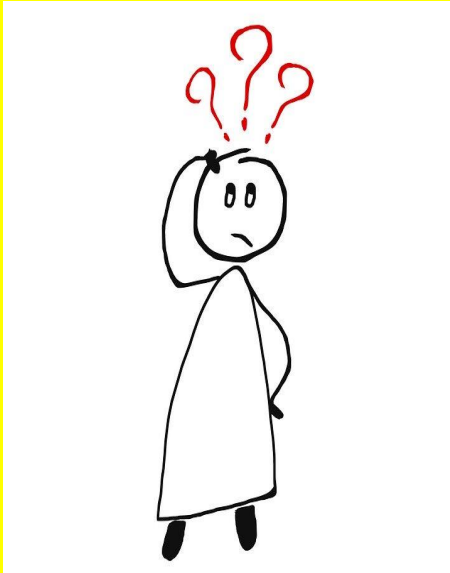


Sensory Regulation

Through Heavy Work



What is **sensory and self regulation** and why are they so important for my children to learn???

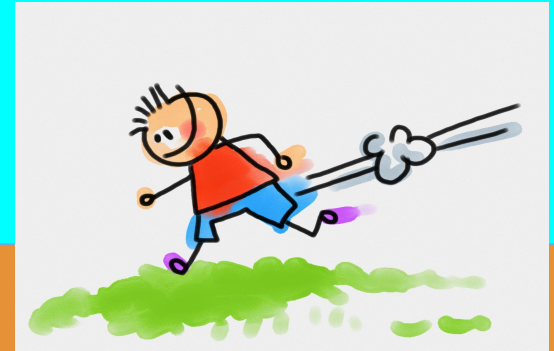


Sensory regulation: is the ability to notice and respond to sensory input without being distracted or uncomfortable. Sensory regulation recognizes that children often seek sensory input to help them feel comfortable in their own skin and calm.

Self-regulation: is the ability to manage and control emotions and behavior. Hmmmm, kind of sounds like sensory activities might help with self-regulation too!

So what kind of movement helps a child feel calmer and ready to learn?

Lots! swinging, spinning, rocking, pushing, pulling, dancing, sliding, running, hopping, stretching, rolling, rocking, blowing bubbles, singing, taking deep breaths, carrying, squeezing, lifting,



How do I provide these activities at home?

- Go to the playground
- Sign them up for a sport
- Have them help you with housework
- Play games outside with their friends
- Practice breathing tool from their Tool Box
- Blow bubbles and pinwheels
- Let them chew gum when they do homework
- Put on music and dance, dance, dance



How does school provide these activities?

Through accommodations and activities such as:

- Let them chew gum
- Movement breaks
- Student helper opportunities
- Encouraging use of Tool box tools
- Recess
- OT sessions to move and learn strategies
- Stretching breaks



What if these strategies don't work to calm my child?

Sometimes they don't when there are emotional issues that are not being addressed or if your child has a health condition like ADHD. Every child is different, so it is important to trial activities and strategies, but it is also important to bring your concerns to your child's pediatrician. Now that you know so much about self-regulation, hit the park!

Hartley Faherty OTR/L

