

Calm Down Strategies For School

- Use a predictive schedule
- Limit close seating
- Minimize auditory stimulation (Utilize earbuds, sound-minimizing headphones, white noise, whisper phones)
- Increase space between children
- Movement breaks
- Sensory seating
- Provide a calm down zone
- Weighted lap blanket
- Try tactile tools at the desk
- Decrease visual distractions (trifold, work standing at an easel, single color bulletin boards)
- Use a visual schedule for transitions
- Provide a warning before fire drills or bus evacuation drills
- Plan an accomodate for school-wide assemblies
- Provide a calm down portion of the day build into the schedule with deep breathing and soft music
- Yoga breaks
- Stretches before desk work or tests
- Add wall push-ups or chair push-ups into the daily schedule
- Water bottles with a straw at each desk (ask parents to send in sports bottles)
- Allow gum during tests or quiet work time
- Quiet fidget toys
- Movement learning with the whole classroom