

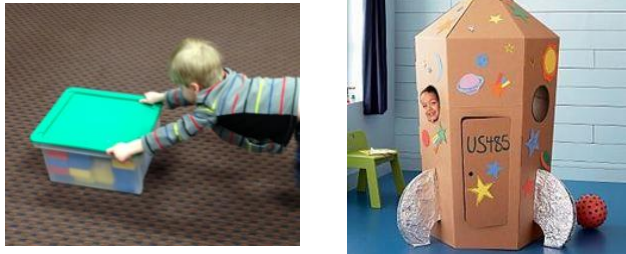
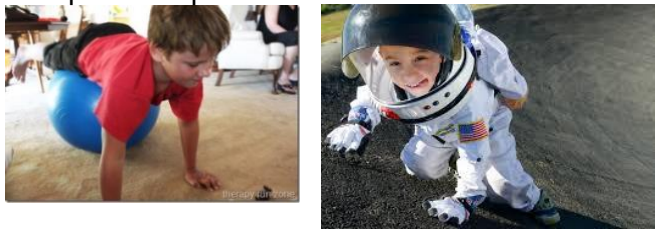


Occupational Therapy Astronaut Regulation Programme

Three times per day, schedule in 10-15 minutes to complete two of the following activities in a calm, quiet space. Try for first thing in the morning, before lunch and then in the afternoon. Try to make these the same times every day.

Ensure that you're doing these strategies away from the class, in a calmer space. Dim the lights, speak very little and slow your own movements.

These strategies need to be done in tandem with the regulation strategy record.

<p>A Put your helmet on</p> 	<ul style="list-style-type: none"> • You can do these to the child or they can do it themselves. • Place hands on the side of head and apply gentle but firm pressure. • Then rotate hands to front and back of head and do the same.
<p>B Push your gloves on tight</p> 	<ul style="list-style-type: none"> • Squeeze up and down the arms firmly as long as the child is happy for you to. • Next, with arms out straight, push the wall firmly. • Repeat three times
<p>C Rocket lift-off</p> 	<ul style="list-style-type: none"> • Push and pull a heavy item like a box or pretend rocket ship down a corridor to create resistance. • Repeat three times
<p>D Explore the planet</p> 	<ul style="list-style-type: none"> • Weight bearing through hands over a gym ball. • Please ensure the movements are slow and that the child holds the position to weigh bear through their arms. • Hold for 5 and then move backwards to roll back over the ball. Repeat 5 times • If the child is moving too fast and appears unstable please stabilise by

E Reel in an alien



placing pressure around the hips.

- Use a towel, sheet or rope to do a slow motion, high resistance game of tug of war.
- You be the alien your child is trying to capture and pull against them.