

Indoor but active regulation calendar

It can feel difficult to give your children all the opportunities they need to move and regulate when you're stuck indoors. Instead of feeling stressed about what equipment you have and how much time your children have to be physical, try using one key, regulating action per day to help calm their system.

Remember, environment is so important! Create a calm, dim space without too many visuals or noises that your child can escape to. It can be hard at home with everyone sharing spaces, and this might leave your child feeling overwhelmed. Try setting up a little tent, or putting a table in a corner with a blanket thrown over the top. This creates a safe little nook for your child to have a sensory break.





























On the following page is a calendar of daily regulating activities. Do these actions slowly in a calm space. Turn off the TV, radio, computer screen and speak very little as you complete the actions. Make them fun and be as playful as you can.

If your child already has a regulation programme or sensory diet in place, these actions are not meant to replace that, only to offer additional activities. And feel free to do more than one per day.

The following links have videos that explain some the suggested games in more detail:

- Sensory Play at Home- <https://www.youtube.com/watch?v=SWtmkjd45so>
- Sensory Seeds- https://m.youtube.com/channel/UC5stsFd_1uJchxsfgN0NcYQ
- Your Therapy Source- <https://www.youtube.com/user/YourTherapySource/about>

APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Row your boat 	2 Blanket toss 	3 Box push 	4 Obstacle course 
5 Hide and seek 	6 Treasure hunt 	7 Build a fort 	8 Sheet surfing 	9 Burrito wrap 	10 Animal walks 	11 Pillow fight 
12 Bubbles 	13 Action songs https://www.youtube.com/watch?v=dUXk8Nc5qQ8	14 Cushion sandwich 	15 Blow races 	16 Tug of war 	17 Commando crawls 	18 Sofa/bed wheelbarrow 
19 Log rolls 	20 Jumping tag 	21 Blow ping-pong 	22 Land wall push-off 	23 Musical statues 	24 Smoothie bubbles 	25 Tape course 
26 Head massage 	27 Paint blowing 	28 Rugby scrum/wrestle 	29 Super-hero bed crash 	30 Musical bumps <ul style="list-style-type: none"> - Dance to music. - When the music stops, sit on your bum fast! 		