

Supporting Regulation: Sensory Basics

More Movement:

- Frequent scheduled movement breaks are an essential part of a proactive plan
- Some kids will need longer or more frequent movement breaks than others

More Time Outside:

- Fresh air, space, and time in nature can be very regulating
- Snow storms and extreme cold or hot temperatures of course make this challenging during certain times of the year

More Breathing:

- Drop your shoulders, and take a big, deep breath
- Model this with the child, re-setting both them and yourself as the co-regulator
- Practice daily!

Less Talking:

- Slow down and talk less
- Lots of talking can be stressful for some children, especially if they have trouble understanding or making sense of the words they are hearing, and they need more time to process verbal communication

Less Busy-ness:

- Check the environment: How stimulating is it? Is this helpful?
- Move away from “high traffic” areas (such as doors, garbage/recycling bins, supply areas), and spaces with lots of extra noise and unhelpful distractions
- Talk to your team about the sensory inputs in your environment(s) that might be unnecessary, and/or how you might organize these differently

Access to Tools:

- Use your visuals consistently, even after routines are established
- Offer alternative seating, hand fidgets, noise-cancelling headphones, etc. regularly

‘Slow and Low’:

- Slow down your body, your voice, take your time
- Physically match the level where the child is at when possible and safe as this is how you show that you are holding space for them.