**Put in place a sensory diet throughout the day for short periods**

Try a few minutes of movement activities followed by a few minutes of calming activities (about 10 minutes in total). Do this regularly through the day (6-8 times).

Quick, unpredictable movement tends to be arousing while slow, rhythmical, predictable movement is generally calming. Pick the activities that your child likes and which work for you. Your child’s Occupational Therapy (OT) report may well have some suggestions.

Movement activities include:

* Jumping on a trampoline/trampette
* Bouncing on a gym ball
* Running around the garden, going on the swing etc.
* Dancing

Calming activities include:

* Doing heavy work like pushing/pulling/ carrying e.g., getting your child to help carry a tub of washing or bag of shopping (not so heavy that it hurts them) or helping with vacuuming etc.
* Doing the ‘Row, row your boat’ action song with them
* Giving them hugs
* Massaging/tapping their back and shoulders or massaging their hands
* Rolling them up in a blanket like a tortilla (with their head out)
* Listening to relaxing music (e.g. with nature sounds/white noise)

When we talk about chewy tubes or ear defenders, these are the sort of thing we are talking about (These can be bought on many websites including Amazon)   