



Strategy Chart

Choose the relevant strategies that you think may work for the child. Be ready to try different ones at a time.



Hyperarousal / overactive

- 'Name 5 thing' activity
- Slow motion role play
- Blowing bubbles
- Mirror game
- Make the longest worm you can with playdough
- On the spot moonwalk - sitting/standing
- Squash/tear the playdough into the tray, stick back together
- Rip scrap paper/cardboard into pieces and aim into the bin
- Bubblewrap popping

Always 5...

1. Build relationships
2. Ground yourself first
3. Check tone
4. Choose words
5. Co-regulate

Strategies that may be helpful for either presentation:

Calm Box

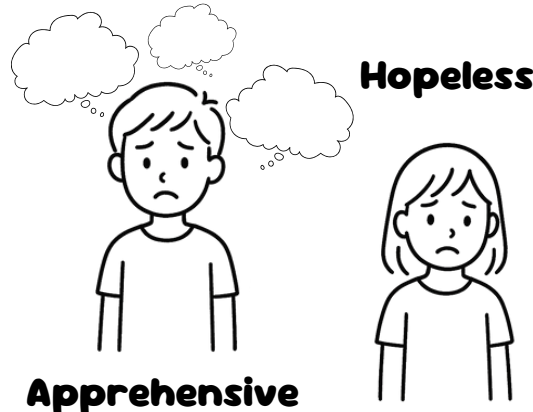
- Play with fidget toy for 5 mins
- Colour patterns/ pictures
- Close eyes and go to your special place for 5 mins - use your 5 senses to help visualisation
- Drink a cup of water slowly
- Stretch like a cat
- Read a story from the Story Basket

Sensory/Grounding

- Grounding exercises: teddy bear breathing, 5 finger breathing, rainbow breathing
- Sing, drum or listen to music - play or tap along to a steady beat
- 'Name 5 things'
- Orientation to the 'Here & Now' - offer a simple task e.g. sorting or tidying objects
- Bilateral stimulation & movement: butterfly breathing, drawing with two hands at the same time
- Blowing bubbles

Hypoarousal / withdrawn

- 'Squiggle game'
- Choose your 'Bean game': Runner, Jumping, Jelly, Broad, String, Frozen, Chilli, French
- Dancing or mirroring movements .
- Straight face challenge
- Create a thunderstorm - body percussion .
- Visual communication object
- Transitional object / holding object
- Place blanket around child (with their consent)
- Walking/running or drumming



Apprehensive

