

## CALMING AND ORGANIZING TECHNIQUES

1. Rhythmical Movement
  - a. Rocking Chair
  - b. Swinging
  
2. Deep Pressure
  - a. Wrapped snugly in a blanket
  - b. Carrying or pushing heavy things; books, furniture, back packs, pushing a chair with heavy objects in it.
  - c. Lying under a beanbag or comforter
  - d. Household chores (vacuuming, shoveling, digging, washing windows and dusting)
  - e. Kneading clay or bread dough
  - f. Wall pushups
  - g. Hanging from a bar 2-3 times for 30 seconds
  - h. Climbing a rope or cargo net
  - i. Shooting baskets
  
3. Oral Motor Input
  - a. Chew on a coffee swizzle stick, straws or rubber tubing
  - b. Suck on hard candy
  - c. Chew on gum, chewy candy, laffy taffy, starbursts, bubblegum, sour chew candy, licorice.
  - d. Beef jerky, popcorn, pretzels

These techniques can be used individually or in any combination.