

4 Ways to Help Calm the Nervous System:

1. Reduce sensory stimulation and provide a calming environment
2. Provide opportunities for heavy pressure
3. Encourage slow, deep breathing
4. Provide cold items

Reduce Sensory Stimulation and provide a Calming Environment:

- Soft, calming background (such as soft music or nature sounds)
- Noise-reducing headphones
- Minimize visual input (dim lighting, muted color tones, minimal decor, etc.)
- No strong odors
- Provide comfortable seating
- Have a soft area on the floor
- Supply cozy blankets and stuffed animals
- Provide calming things to look at
- Provide fun, quiet activities

Provide Opportunities for Heavy Pressure:

- Weighted items
- Provide fidgets to squeeze
- Mini trampoline, if possible

Encourage Slow, Deep Breathing:

- Bubbles
- Pinwheels
- Quiet party blower

Provide Cold Items:

- Ice cold drinks
- Cooler or bowl of ice to play with
- Frozen cold packs