

Daily Self Regulation Activities Handout and Calendar - 3-6

As children learn, they use their sensory systems to gather and sort information. By touching, seeing, hearing, moving, smelling, tasting, and experiencing the world around them, children become able to organize, not only their knowledge, but their ability to attend, stay on task and learn.

Touch: In the tactile/touch/kinesthetic system, the brain receives information through sensors (skin, muscles, tendons, and joints). The sensors relay information about texture (bumpy, smooth) , temperature (hot, cold), body position, density (hard, soft, heavy, light), etc. This information allows individuals to know how to respond to touching, movement and balance (position in space), as well as oral experiences (mouthing toys or eating food).

Proprioceptive Movement: Putting pressure on muscles and joints while we move. The proprioceptive system helps tell us where our body is in space. Proprioceptive activities can help to “ground” bodies if they are movers (providing a calming effect and improving body awareness). These activities can also provide input for our low tone kids that would normally not seek out movement on their own (helping them to identify where their bodies are in space and wake their bodies up for work). Have the child pick from 1-2 short activities every 30-60 minutes. Here are some examples in addition to calendar activities below: [Just Right Activity Ideas for Home](#)

Calming: Becoming tranquil or quieting the body. [Calming and Mindfulness Activities](#)

Visual: Strategies to increase visual attentiveness (eye-contact, tracking, attention to detail)

Vestibular Movement: The vestibular system provides us with our sense of balance and tells you where your body is in space. Examples of vestibular movement would be riding a bike, swinging on a swing, or spinning around in circles.

Need help with establishing new home routines? [Resource for Establishing Routines](#)



DAILY SELF REGULATION CALENDAR ACTIVITIES

Monday - Touch	Tuesday - Proprioceptive Movement	Wednesday - Calming	Thursday - Visual	Friday - Vestibular Movement
Child, or you, can rub lotion onto arms, legs, hands, feet	Wash kitchen tables or counters, scrub floors, any housework!	Create Roll Daily Calming Activity Dice	Play catch with slow moving objects: balloons, Gertie balls, scarves	Rolling down hills on carpet or on grass or on piece of cardboard
by feel only, identify objects hidden in a bucket filled with bird seed, sand, beans, pasta, rice	Pop package bubbles—big ones do the stomp, little ones use your fingers	Roll Daily Calming Activity Dice	Play "flashlight tag"-- in a darkened room while on your back, chase each others' flashlight beams	Crawl in tunnels already made or use blankets, fabrics (furry, feely) over furniture: crawl under
Plant a seed outside or in a pot, focus on how the earth feels, talk about it	Lay on tummy to play with Legos	Guided Relaxation-Pausing to Understand Anger Guided Relaxation-Happiness Factory	Fill a shoe box with lots a small items: locate specific items within this busy box	Swinging on swing sets or tire swings, pushing an office chair
Make peas with play dough using fingertips	Wall Push-ups/Wheelbarrow Walks/Animal Walks/ Yoga Animal & Bug Walks	Turn on quite, calming rhythmic music while doodling/coloring	Play "guess what I see" games: describe an item in the room by its color, size, shape, what it's used for	Roll Some Fun Activities