

Activities for Kid's REGULATION

seed & sew



What is a sensory bank?

Imagine that every child has a "bank" for regulating the central nervous system. We need to make deposits into the reserve, because withdrawals are inevitable.

Examples of withdrawals:

- + Time
- + Screens
- + Loud noises
- + Bright lights/visual stimulation
- + Changing Schedules
- + Stress mirror neurons
- + Unknown Expectations

When a child's sensory bank is in a deficit, it can show up as...



Bouncing off the walls



Meltdowns



Withdrawing



Anger & frustration



Wiggling & fidgeting

We aim to make deposits into sensory bank every 2 hours in order to maintain regulation. We call these deposits "sensory rich activities."



Sensory Rich Activities: Touch

Infants



The tactile sense (touch) helps us regulate through the receptors in our skin.

- Light touch massage
- Use of a loofa or sponge while bathing them
- Lightly scratching their scalp
- Rubbing in lotion
- Letting them explore grass, sand, water etc.
- Allowing them to experience different food textures: purees, applesauce, soft pastas etc.



Sensory Rich Activities: Touch

Toddlers +



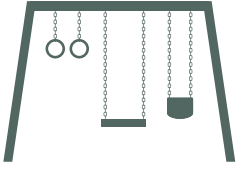
The tactile sense (touch) helps us regulate through the receptors in our skin.

- Digging for treasure in a pile of pillows
- Playing with kinetic sand
- Squishing and kneading playdough
- Waterbeads, pebbles, shredded paper
- Finger painting
- Pretending to paint your kiddos skin, and then pretending to erase it with your fingers/hands
- Light touch massage
- Drawing in sand or salt



Sensory Rich Activities: Movement

Infants



Vestibular input is when the body is moved through space, changing position, direction, or the plane of the head.

- For newborns: Head jiggles: small (about 1 inch back and forth) bobble of the head while it is well supported by your hand, with the other hand supporting their body.
- For older infants: Dips: Hold your babe and dip their head below their body, and up again. Aim for about 10 dips.
- Bouncing them on a yoga ball
- Wearing them in a carrier



Sensory Rich Activities: Movement

Toddlers +



Vestibular input is when the body is moved through space, changing position, direction, or the plane of the head.

- Bouncing on a yoga ball, a Hippoty Hop or Rody
- Swinging
- Holding their hands and letting them climb up your body and flip over
- Dance party
- Jumping rope/10 giant jumps
- Spinning on an office chair
- Set up "stones" on the floor with yoga blocks, books, etc and have your kiddo hop from stone to stone
- Jumping on a trampoline



Sensory Rich Activities: Muscle Activation

Infants



The proprioceptive sense takes in information through muscles and joints. This input tells us where & how our bodies are moving through space.

- For newborns--the deep pressure of a swaddle
- Tummy time/floor time to explore muscle activation. Adult hand or surface behind their feet for them to push off
- Opportunity to pull up on furniture and climb safely
- Deeper pressure massage
- Tight hugs
- Firm bicycle legs



Sensory Rich Activities: Muscle Activation

Toddlers +



The proprioceptive sense takes in information through muscles and joints. This input tells us where & how our bodies are moving through space.

- Pushing a laundry basket around the house, collecting items as they go
- Playing a delivery game using heavy water jugs
- Wheelbarrow walking
- Roll your kiddo up in a blanket like a burrito and apply deep pressure
- Different animal walks: bear walk, crab walk, snake slither
- Jump and crash onto the couch or a pile of cushions
- Tug-of-war



About Seed & Sew

Looking for more information on regulating the sensory systems?
Check out these podcast episodes.

[Episode 4 - Diving into the Sensory System with OT, Lori Goodrich](#)

[Episode 156 - Self-Reg with Dr. Shanker](#)

[Episode 164 - A Deep Dive into Neurodiversity with OT, Rachel Coley](#)

Seed & Sew is a village of people across the globe raising emotionally intelligent humans. We are parents, educators, ECE experts, and lifelong learners with a passion for doing this work so we can foster healthy development in our tiny humans.



We can't wait to connect with you!
Click here to visit our [website](#) or on [Instagram](#).



Meet the founder of Seed & Sew: An emotional development expert and the co-creator of the Collaborative Emotion Processing (CEP) method, Alyssa Blask Campbell is committed to helping parents and caregivers build emotional intelligence in their tiny humans.

Check out the [podcast here](#).

This content is for informational purposes only. None of this information is intended to be a substitute for professional medical advice.

