**Fox Wood School – Calming Ideas for Out and About**

When we take our children out of their familiar surroundings and potentially away from their normal routine, this can be unsettling for them and cause anxiety. To help, there are many ways to provide them with calming sensory input to prevent them being unsettled and ultimately minimise meltdowns. Below are ideas of things you can try with your child, with items that you can put together to make a sensory bag for going out with. Its trial and error to see which ones work best!

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| **Movement / Deep Pressure and Resistance Ideas** | **Auditory Ideas** | **Oral Motor sensory ideas** | **Tactile ideas to keep hands busy** | **Visual Calming ideas** | **Smell ideas** | **Communication Ideas** |
| * Mini massager / vibrating toothbrush
* Cushion with a zip lock bag of sand inside to create a weighted cushion
* Take a soft blanket and use as something to give them a hug with
* Encourage stretches
* Use Simon says to play animal walks, encouraging head down, weight through arms and legs.
 | * Noise cancelling headphones.
* MP3 player with music on.
* Rainsticks.
* Encourage them to sing a song or hum.
 | * Candy lollies, chewing gum, preferred chewy sweets.
* Raw crunchy vegetables
* Beef Jerky.
* Chew necklace.
* BPA silicone straws to chew on.
* Vibrating toothbrush.
* Have a sports bottle or drink with a straw to suck through.
* Blow a pin wheel
 | * Squeezy balls
* Edible playdough
* Bubble wrap.
* Bendy pipe cleaners
* Tissue paper to rip.
 | * Bubbles
* Box of feathers, dried rice, leaves and another box for them to pour into.
* Enjoyed book.
* Use a calm down bottle.
* Take some ribbons that they can play and fiddle with.
* Oil timer hour glass
 | * Scarf or piece of fabric that has a squirt of Mum’s perfume on.
* Scented lotion
* Calming essential oil spray.
* Scratch and sniff stickers
 | * Find a consistent object you can use for them to associate where you are going to and take it with you. i.e. ball for park, straw for McDonalds.
* Have a picture of home or something you would associate with home to give them when you plan to return or use this as for now and next.
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