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Helping Children Reach their True Potential

Activities to Lower Arousal Level

- Push toy shopping cart filled with heavy items (i.e. books)
- Push laundry basket full of wet or dry laundry
- Pull wagon
- Push another child on a riding toy
- Vacuum
- Tug of war
- Monkey bars
- Climbing on playground equipment
- Wheelbarrow walking
- Carrying heavy object (dishes to help set table, books, backpack with books, laundry basked, etc)
- Moving/pushing furniture
- Pressing or squeezing hands together
- Resistive sucking- use straws to drink liquids, yogurt, milkshakes, pudding
 - Rock in rocking chair or rocking horse
 - Rolling on stomach on large therapy ball
 - Swinging- Swinging provides some of the most intensive vestibular input.
 - Arm and leg squeezes
 - Back massage
 - Towel rubdowns with deep pressure after bath or swimming
- Pillow squishes-place child between two pillows or cushions with her head sticking out. Push down gently on the pillows or cushions.
- Wrap in heavy blanket with head out and press pillow on top of child's body
- Roll large ball over back
- Lotion massages
- Wearing tight fitting clothing (compression clothing)
- Bear hugs
- Towel and blanket snuggles- wrap tightly in towel or blanket

Remember each child is unique in how he or she processes sensory input. A child should never be forced to do sensory activity they refuse because it may be causing distress to the nervous system. All sensory activities should be done under the guidance of a therapist trained in sensory integration who is able to determine the unique needs of your child.