

## **Regulation station Ideas**

1. Find a space that is 'reserved' for regulating.
2. Create/buy a poster/sign to support your child to identify how they are feeling.
3. Use this space/sign to support choice of a regulating activity.

### **Ideas:**

- cushions to jump on,
- paper to ball up and throw
- paper to rip/tear
- soft items to throw
- blanket to wrap self in
- bubbles to blow
- create a sensory bottle (glitter glue and water in a plastic bottle – add sequins and additional glitter as desired)
- weighted blanket/toys
- fiddle tools
- stress/sensory balls
- sand timers/visual timers.

### **Useful links:**

[Sensory Processing At Home - Parent Carers Cornwall](#)

[Cornwall's Neurodiversity Hub](#)

[Coping Strategies for Sensory Overload](#)