

Name: _____

Date: _____

CALMING/ ORGANIZING ACTIVITIES FOR TRAVELLING



MOVEMENT

- Slow bouncing on knee
- Seat push-ups
- Pull on theraband**
- Progressive relaxation (squeeze and relax)
- Sit on wobble cushion**
- Take advantage of airport services for children, such as Kidz World, that have slides, ball pools and swings to provide a movement break for your child
- Engage in movement based play during layovers. Try activities such as skipping, twirling, jumping down stairs one step at a time, stretching, wall push-ups, etc

TOUCH

- Play with fidget toy (small bendable toy, key ring, stress ball, slinky)*
- Stroke, squeeze soft toy fur animal
- Rub on hand/ body lotions

DEEP PRESSURE

- Weighted vest or compression vest**
- Weighted pillow, padded 'snake' (to make your own: fill cotton stockings or zippered pillow case with lentils)
- Vibrating toy**
- Give child a massage
- Play 'rubbing off the mud': child squeezes arm or leg and slowly rubs along length of arm/ leg to remove imaginary mud.
- During layovers, squish your child under your carry-on luggage (place carry-on on their lap or have child lie down on seats and place luggage on top of them).

ORAL MOTOR

- Chew gum
- Drink water with a straw (curly straw is best)
- Slow, deep breathing
- Sing songs during layovers (especially songs where you need to hold one note for a long time – this encourages long exhalations, which supports deep inhalations, which promotes relaxation)

OTHER

- Listen to preferred music on personal CD player
- Wear headphones to decrease over-stimulation from constant announcements in the airport

*These items can be purchased at the dollar store

** These products are available through therapeutic materials companies (ex.fdmr)