



Queen Alexandra College

ACTIVITIES TO CALM

The below links provide activities and exercises on flashcards that you can view online or download and print to use at home:

- [Artistic Creations](#)
- [Breathing or Bubbles](#)
- [Burrito](#)
- [Den or Quiet Space](#)
- [Guided Visualisations](#)
- [Reset Fine Motor Tasks](#)
- [Rhyme and Movement](#)
- [Rocking Chair](#)
- [Sensory Baskets](#)
- [Sensory Bins](#)
- [Shoulder Press](#)
- [Sorting Tasks](#)
- [Stories](#)
- [Therapy Ball Massage](#)





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- [Weighted Blanket](#)
- [Weighted Rolls](#)
- [Weighted Walk](#)
- [Weights](#)
- [Yoga Ball Rocking](#)
- [Yoga](#)

