

Rocking Chair



Directions

This activity involves linear and rhythmic movement to calm the nervous system and support someone to feel better when their arousal levels begin to heighten. This can be when anxious or if someone becomes too excitable.

Encourage the person into the rocking chair and if required, clap a rhythm for them to rock to or sing a song to help them to produce a rocking motion that is consistent and as slow as possible.

Rhythmic and linear movement can have a quick effect on calming the nervous system and is very effective for many of our young people, who often automatically begin to engage in rocking motions when they feel anxious or excitable.

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This activity supports:

- Self regulation
- Sensory calming
- Nervous system responses
- Vestibular input

Precautions

Be aware of the intensity of any rocking behaviours and the integrity of the chair.

Equipment ideas:

Rocking chair