

## Eeyore Zone Transcript



In this video about the Eeyore zone, we will discuss how to notice and respond when your child is showing signs of being in the low alert, Eeyore zone. If you haven't already, we would recommend you watch our previous 3 videos to help your understanding of how to use sensory feedback to support your child.

When in the Eeyore zone you may notice that your child is withdrawn, low in energy or motivation. This might present as their being lazy however it's often because they are not detecting sensory input in their environment properly. They might not notice things in their environment like noises and you might need to put a lot of effort in to get their attention or observe them during play to ensure they are safe. They may also struggle to focus during daily tasks eg skipping steps of the tasks such as dressing. When in the Eeyore zone, children require more sensory information in order to raise their levels of alertness, to help their systems notice and detect sensory information within their environment.

Please remember that your child should be supervised at all times when taking part in the activities we will be discussing.

We will now give examples of how you can use feedback from the different senses to help your child remain in a more calm but alert state throughout the day.



Using movement. When our bodies receive movement, it sends a signal to our brain to raise our levels of alertness. Imagine you have been sitting for a long period of time and then get up and move around, you're likely to notice that you feel more awake and alert once you've moved. When a child in the Eeyore zone, it is important to provide regular movement breaks throughout their day. Similarly, to the Tigger zone, movement can be provided with the use of a therapy ball or any alternative items you can find

at home. However, when your child is in a low state of alertness you can provide faster more dynamic movement to provide more intense feedback to your child's system.

For example, you might consider sitting on a therapy ball and throwing a ball back and forward quite quickly and testing their balance by throwing the ball outside of their centre of gravity. Other forms of more quick alerting movements might be swinging quickly on an outdoor swing, jumping on a mini trampoline or playing games that require a stop start movement like tig or football in the garden.

Tipping your head upside down provides very intense movement to our system. If you have ever been on a vertical loop roller coaster you will understand this feeling. You may find that your child already gravitates towards this kind of activity, just lying off the sofa with their head hanging off the edge while watching TV. You can help them get this intense feedback by engaging in activities such as yoga when poses require them to bend all the way over to their front. You could make this activity fun for younger children by incorporating ribbons. If they can tolerate this type of movement, they may also enjoy doing forward rolls or log rolling along the floor collecting items as they go.



It is important to use this type of activity with caution as it can be very over alerting, so make sure you have a definite beginning and end of the activity. You might also want to follow intense movement activities with more calming activities such as deep touch pressure and heavy muscle work. You can find out more about calming activities in the Tigger Zone video.



Using touch. When using touch to provide alerting input, it is important to provide a mix of different textures into activities to keep your child's system guessing. Like using sensory bins with different touch sensations, engaging them in messy play or household activities like baking. You can also use vibration to wake up their system. Try using a vibrating stuffed animal or cushion that are available from online retailers. We would suggest your child does not use the cushion to sit on, instead encourage them to apply the item over their body. If they sit and place their feet on the vibrating cushion, this will provide intense tactile input. Try swapping their usual toothbrush for a vibrating toothbrush to provide vibrating input as part of their usual daily routine.

Having a cold icy drink or ice lolly can also provide the mouth and tongue with alerting touch feedback. Try using homemade ice lolly moulds to make healthy options and have your child join in when making them. Introducing crunchy snacks can also provide touch information to the mouth area. Try getting your child involved by cutting up different vegetables to snack on during the day.



Using sound. Experiment with different kinds of music and sounds with different beats. More fast paced beats will provide alerting feedback. Encourage singsong games during any daily activity or play with musical instruments to provide extra feedback for your child's sense of sound. There are many daily activity songs available via YouTube. A good example is playing "Lunch" by Go Noodle before lunchtime or "Dough Disco" from Spread the Happiness TV before engaging them in any kind of writing activity.

We have put links to their YouTube channels in the description section below.



Using vision. Introduce bright colours into their environment with activities such as arts and crafts. Using bright contrasting cutlery and plates during mealtimes and using light up sensory toys. Through using a bright coloured tablecloth during table top activities, you can help to orientate them and focus on the task.

You can play games that require movement and following moving objects with their eyes e.g. following a moving ball or hitting a moving target. Remember to keep in mind that activities that provide feedback from as many sensory systems as possible will help your child remain more alert.

We hope that this video has helped you to think about strategies you can put in place when your child is in the Eeyore zone.

In the next video we will speak about staying in the "just right" Winnie zone and discuss how you can support this in your child's day to day life.

