



Tigger Zone – Calming Strategies

When your child is in the high alert Tigger zone, they require activities that will be calming to their system. These activities use feedback from your child's different senses to help provide calming input. Encouraging your child to take part in a variety of these activities for 10 to 15 minutes throughout the day will help to keep them in the Winnie the Pooh "just right" zone.

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



Movement System

(Avoid spinning when in the Tigger Zone as this can further raise their level of alertness)

- Use a therapy ball (or exercise ball) have your child lie over it on their tummy and ask them to slowly rock backwards and forward. They can play games such as jigsaws, or skittles in this position. They could sit on the ball to watch TV, play computer games, throw and catch a ball or balloon, or even at the table to do homework or eat dinner.
- Using a scooter board or skate board have your child lie on their tummy with their hands at either side, pulling themselves along. Turn this into a game by asking them to collect items such as beanbags or small soft toys and timing them to see if they can go faster. Add obstacles they have to negotiate their way around. Tie a rope or therapy band to a sturdy item such as a door handle and pull themselves along.
- Other things you may have at home in the garden or nearby park such as a rocking chair, a mini trampoline, scooters, bikes, and swings provide rhythmic movement input. If at the park remember to avoid spinning movements.
- Participate in children's yoga. Many free videos on sites such as YouTube offer children's yoga.
- Household chores such as loading the washing machine hanging out the washing, sweeping and vacuuming.



Proprioception System

- Create obstacle courses in the house. Get the children involved in designing these and carrying the objects around as this will also help to activate their muscles and joints. You could try sliding under blankets, climbing over chairs, stepping across cushions on the floor.
- Create obstacle courses in the garden. You can use any equipment and objects you have and think of ways to go around, under, over them safely or mark out a chalk path that includes jumping, hopping, walking along a narrow path, tiptoe walking.
- Work in pairs for wheelbarrow walks. Once they improve you can add obstacles they have to go around or increase the distance. You could even have a race if there are a few people. Children can take turns being the gardener and the wheelbarrow.
- Mini workout circuits. You could include wall push ups, squats, chair dips, half plank or plank, commando crawling, star jumps and box press ups.
- Animal walks are fun for younger children. Here are some ideas to get you started.



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

- Household chores that involve lifting such as carrying the laundry basket and washing the car using big arm movements
- Add weight to their clothes such as placing beanbags into their jacket pockets or placing heavy toys into their backpack makes their muscles work harder



Touch (Tactile) System

- Wrap up tightly in a blanket or squish themselves between the cushions when seated.
- Making a sandwich. Ask your child to lie on the floor use a therapy ball or a cushion to squish them and ask them what they want on their sandwich. Pretend to spread butter and then add the tomatoes.
- Provide a firm hug or massage all over their body. It's especially helpful to apply pressure by pushing down gently on their shoulders. You can also encourage them to apply firm pressure to their own body using massage. You can incorporate this with a song such as "this is the way we squeeze our arms".
- Wearing Lycra clothing such as a vest under their usual clothing, can provide deep touch feedback. This can be especially helpful for children who struggle to tolerate the textures of their clothes.



Smell (Olfactory) System

- Identify a smell your child finds calming such as lavender, camomile or vanilla. Use this smell when they are often calm such as bath time or if they enjoy a massage and then progress to using this when their alertness is higher through room sprays or scented oils.

Sensory Retreat

- Identify an area in the home (preferably not their bedroom) that has minimal sensory input. If possible introduce soft lighting, reduce noise or have calming noise and smells you have identified as relaxing in this area. Adding blankets and cushions to the area allows them to add weight or squish themselves. Encouraging them to use this space when they are likely to be in the Tigger Zone and at regular intervals throughout the day can help to regulate their alertness level.