



Eeyore Zone – Alerting Strategies

When your child is in the low alert Eeyore zone, these activities use feedback from your child's different senses to help provide alerting input for your child and it is important to provide regular movement breaks throughout their day.

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



Movement System

Provide faster, more dynamic movement to provide intense feedback for their sensory system. Take care not to over alert your child so have a definite beginning and end of an activity. You may wish to use calming activities such as deep pressure or heavy muscle work following intense movement. These activities can be found in our Tigger Zone video and handout.

- Sit on a therapy ball and throw a ball back and forward quite quickly. To increase the feedback, throw the ball outside of their centre of gravity.
- Swing quickly on an outdoors swing, use climbing frames, slides and roundabouts
- Jump on a trampoline
- Play games with stop start movements such as football or tig
- Yoga – concentrating on poses where you are required to bend all the way over towards their front such as forward folds, downward facing dog, or you can go on to do a full sun salutation flow incorporating both these poses. Many free videos on sites such as YouTube offer children's yoga.
- Rolling – sideways log rolls, egg rolls, forward rolls. Make this into a game where they need to collect an object such as a beanbag and roll with it to the other side of the room



Touch (Tactile) System

- Make up sensory bins full of different textures that they like. Sensory bins are great for keeping in the cupboard at home and bringing out regularly. You will need a large container, preferably with a lid for storage, some base material such as play sand, pasta, rice, beans, lentils or a mixture of these, some tools and small toys. These can be kept for a few months and made more interesting by changing the toys and tools you keep in them. Lots of ideas are available on the intranet and Youtube.
- Set up messy play opportunities with finger paints, body paints, shaving foam with food colouring, make slime, or combinations of things such as jelly and cooked spaghetti with sand.
- Baking – there are many children friendly recipes to try that lets them touch the ingredients or roll out dough e.g. cookies, scones, biscuits.
- Vibration input. You can purchase soft toys and cushions that vibrate. Cushions are best placed over their body rather than sitting on them, or placed under their feet which will provide intense tactile input. Vibrating toothbrush provides vibration as part of their daily routine.
- Cold icy drinks or ice lollies. Homemade ones are healthy options and have your child join in choosing the flavours and filling the moulds.
- Crunchy foods also provide touch information in the mouth area. Your child can help to cut up vegetables such as carrots, cucumber and peppers for a crunchy snack during the day.



Auditory System

- Experiment with different kinds of music or sounds with different beats. Faster paced beats will provide alerting feedback.
- Encourage sing song games during any daily activity. Youtube has a lot of examples such as "Lunch" by Go Noodle or "Go Disco".
- Play with musical instruments to provide extra feedback for your child's sense of sound



Visual system

- Introduce bright colours into their environment with activities such as arts and crafts.
- Use bright contrasting cutlery and plates during mealtimes
- Use light up sensory toys
- Use a bright table cloth during table top activities as this can help to orientate them and help focus on tasks.
- Play games that require movement and following moving objects with their eyes such as following a moving ball or hitting a moving target.

Remember that activities that provide feedback from as many sensory systems as possible will help your child remain more alert.