

In Home Activity Plans

Week 29 September 27- October 3

We will be doing a little different this week where I will be giving ideas for relieving stress, anxiety and outbursts through calming activities and fun programs.

Calming Techniques

1. Make a calm down bottles; one great idea is this fall sensory bottle
<https://www.thechaosandtheclutter.com/archives/simple-fall-sensory-bottle>
2. Make your own stress ball
<https://www.youtube.com/watch?v=ndp2gg6wveM>
3. Do heavy work activities such as those listed here which provide proprioceptive sensory feedback and serve as a great calming tool.
<https://www.thechaosandtheclutter.com/product/heavy-work-activity-printables>
4. These great calming down breathing activities work for adults and kids alike
<https://www.thechaosandtheclutter.com/archives/calm-down-breathing-for-kids>
5. Blowing bubbles is a great one to relax and especially use these homemade lavender bubbles
<https://www.thechaosandtheclutter.com/archives/calming-lavender-scented-bubble-recipe>
6. Slowly blowing a pinwheel is also a good technique and you can make one yourself. <https://www.auntannie.com/FridayFun/Pinwheel/>
7. Try inversion, which is a fancy way of basically saying to get your head below the level of your heart. It has an almost instant calming effect. Inversion can be achieved by bending and touching your toes, doing a headstand or handstand, or hang with your head off the couch.

8. Drinking water is one of the most effective ones there and is often missed. Its's simple but it works. Create a special water bottle by getting one at the dollar store and google how to do it.
9. Chewing gum, especially a big piece of bubble gum that offers good sensory feedback.
10. Count slowly to 10, 20 or even 100.

11. Whisper the alphabet...if still stressed after doing this, try to do it backwards.
12. Go for a walk and breathe in the fresh air.
13. Listen to calming music or soothing sounds.
14. Color or doodle.
15. Knead, press and pull with playdough. A great one is lavender playdough because of the calming scent.
<https://www.thechaosandtheclutter.com/archives/calming-lavender-scented-playdough>

16. Fuel your body with a small snack, string cheese, apple or carrots are some great choices.
17. Drop your shoulders....stress is often seen in our shoulders so keep remembering to have your shoulders relax.
18. Do some exercise to release positives endorphins.
19. Turn on some great dance music and start dancing like no one is watching you.
20. Take a blank sheet of paper and write a list of things and people you are grateful for.

Great Fun TV shows to watch to take your mind off stress, anxiety and loneliness

1. I Love Lucy (you can find episodes on Youtube)
2. Laurel and Hardy (you can find episodes on Youtube)
3. Seinfeld
4. Friends
5. Green Acres (you can find episodes on Youtube)
6. I dream of Jeanie (you can find episodes on Youtube)

7. The Beverly Hillbillies (you can find episodes on Youtube)
8. Happy Days
9. The Three Stooges (you can find episodes on Youtube)
10. Mork and Mindy (you can find episodes on Youtube)
11. The Golden Girls (you can find episodes on Youtube)
12. The Fresh Prince of Bel-Air
13. Will and Grace
14. The Big Bang Theory
15. The Dick Van Dyke Show (you can find episodes on Youtube)
16. The Bob Newhart Show (you can find episodes on Youtube)
17. The Office
18. MASH
19. Cheers
20. Roseanne

Enjoy your week and do something to relax.....