***Balance the Day***

*This is one strategy we worked on for some time that was quite successful. It was balancing the day's activities to try to include something from every category in the tables below. Obviously, you can't do everything every day, but by balancing the activities, my daughter was able to minimise her stress levels.*

*Coming up with the types of activities that would be included in each section was very valuable time spent together. This took us about a week of discussions and was great for showing her the broad range of strategies she can choose to help regulate her emotions.*

*We put the chart up on the wall and each day for quite a few weeks afterwards, we would refer to the chart to see which parts were missing that day. It helped guide her after school selection of activities and provided a great reference tool she could use when she was feeling stressed so she could choose her own strategy to help herself.*

*I have provided the templates if you want to take time to create your own lists together. You can choose headings that suit you and your family. The actual cutting and pasting to make the chart were valuable occupational therapy activities too.*

|  |  |  |
| --- | --- | --- |
| **Managing my Health** | **Playtime** | **Sensory Regulation** |
| put creams on morning and nightcarry EpiPenscheck ingredientshave pufferspersonal hygiene | playing teachers playing mums and dadsplaying with toysboard games | body brushingwrap in blanket and different textureschew ringlisten to music |
| **Learning Time** | **Relaxation** | **Healthy Eating** |
| writing reading mathshomeworkcollage craft science  | deep breathing yoga snuggling cuddly toys music listening to waves meditation | 2 serves of fruit 3 serves of vegetables3 serves of calcium 4-5 serves of grains2 serves of meat/nuts/legumes4-5 cups of water |
| **Being with Others Who Care About Me** | **Exercise** | **Caring for Others in Need** |
| hugs /kisses /cuddlesplaying with friends talking to familygiving concerts andreading to my family  | gymnasticsdancingbike ridingtrampoliningskatingoutdoor playsport | caring for Grandma making cards for peoplegive clothes/toys to St Vincent de Paul writing my stories and blogs |
| **Spiritual** | **Sleep** | **Nature** |
| family prayer time personal prayer time go to Mass loving God reading the Biblereligious music  | weighted blanketrelaxation musicback rubbedtime routine - prayers, reading cuddles etcmeditation | geocachinggo to the beachgo to the parkplay outsidelook at rocksclimbing trees bike riding go for a walk/run |
| **Managing my Health** | **Playtime** | **Sensory Regulation** |
|  |  |  |
| **Learning Time** | **Relaxation** | **Healthy Eating** |
|   |  |  |
| **Being with Others Who Care About Me** | **Exercise** | **Caring for Others in Need** |
|   |  |   |
| **Spiritual** | **Sleep** | **Nature** |
|   |  |  |