***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.*

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| --- | --- | --- |
| **Managing my Health** | **Playtime** | **Sensory Regulation** |
| put creams on morning and night  carry EpiPens  check ingredients  have puffers  personal hygiene | playing teachers  playing mums and dads  playing with toys  board games | body brushing  wrap in blanket and different textures  chew ring  listen to music |
| **Learning Time** | **Relaxation** | **Healthy Eating** |
| writing  reading  maths  homework  collage  craft  science | deep breathing  yoga  snuggling cuddly toys  music  listening to waves  meditation | 2 serves of fruit  3 serves of vegetables  3 serves of calcium  4-5 serves of grains  2 serves of meat/nuts/legumes  4-5 cups of water |
| **Being with Others Who Care About Me** | **Exercise** | **Caring for Others in Need** |
| hugs /kisses /cuddles  playing with friends  talking to family  giving concerts and  reading to my family | gymnastics  dancing  bike riding  trampolining  skating  outdoor play  sport | caring for Grandma  making cards for people  give 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 Bible  religious music | weighted blanket  relaxation music  back rub  bedtime routine - prayers, reading cuddles etc  meditation | geocaching  go to the beach  go to the park  play outside  look at rocks  climbing 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** |
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