

# **CALMING ACTIVITIES**

- 1. BALL PIT**
- 2. BEAN BAG/QUIET AREA**
- 3. ROLLING THERAPY BALL/BARROL OVER STUDENT**
- 4. SLOW SWINGING BACK AND FORTH**
- 5. VIBRATING TABLE ON SLOW**
- 6. MATERIAL TUNNEL**
- 7. BODY SOCK**
- 8. SITTING IN BARROL**