



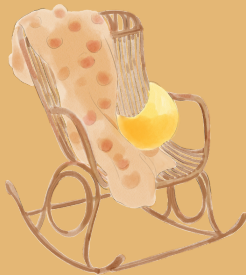
Brain stem calmers

Blossom

Children's Occupational Therapy

One of the most helpful ways to move children from high anxiety states, to their calmer 'thinking brain', is repetitive rhythmic activity. Creating a therapeutic relationships around the child together with regular brainstem calming activities can, over time, help a child's brain and body learn that they are safe. Brainstem calming activities need to be: Relational (offered by a safe adult), Relevant (developmentally matched to the child rather than matched to their actual age), Repetitive, Rewarding (enjoyable) Rhythmic and Respectful (of the child and family)

Repetitive movements
such as rocking



Copying clapping
rhythms



Sorting/ organising or
categorising items by
colour, size, shape, item
etc



Repetitive movements
such as walking , running
or marching



listening to music with a
beat



Singing



Repetitive movements
such as bouncing on gym
ball.



Playing a drum



Practicing breathing using
the hand method , blowing
out candles ,

