



Strategies for gap task

Please remember to be selective and sensitive regarding which strategies you give to parents.

1. Have the mindset of we have a problem here how are we going to solve it
2. Focus attention on the positive behaviours
3. Withhold judgement
4. Be consciously aware of your stressors in the heat of the moment
5. Respond to children's feelings and experience
6. Remember thoughts can drive behaviour
7. Don't let technology replace human interaction
8. Relational trauma needs relational repair
9. You always have an option and a choice
10. Create a strong routine in terms of times to wake up, eat lunch, go to bed... Stick too it often, veer occasionally
11. Create a structure that helps break the day down into manageable chunks
12. Focus on deep pressure activities to help calm your child
13. Mix up and down regulating activities into your day
14. Focus on intrinsic rewards for children and don't be tempted to use technology as



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- a reward, embed it into the structure of the day
15. Try to balance challenge and support when putting demands on children
 16. Invite the children into your calm don't join them in their chaos
 17. Respond sensitively to needs
 18. Attune to your child and use reflective language
 19. Match your child level of affect
 20. When giving instruction be direct
 21. Use name, command, thank you,
 22. Use "what should you be doing now?"
 23. Avoid asking why
 24. Give choices, but only 2 and your preferred last
 25. Embrace your child in awe and wonder
 26. Use restorative language following an incident

Ideas for creating relational opportunities through play which can also help with regulation

Play for De-escalation

Foam Soap

Up regulate - Hold the ball in one hand, after the count of 3 clap hands and smash the ball into snow

Down regulate - Roll the soap into a ball

Orbeez

Up regulate - Play table football with one Orbee at a time OR place a handful of orbeez in the middle of a sheet of paper that is then shaken gently to try shake them all off

Down regulate - Place hands in water with the orbeez, slowly move them around and pay attention to the sensations. Roll them around in hands.

Tug of war

Up regulate - Sit the child on bean bag and pull around a large space.

Down regulate - Using a blanket, twist into a rope and child attempts to pull towards you

Sand Box

Up regulate - Build a tower then smash it down

Down regulate - Slowly push hands through the sand, paying attention to the sensation OR play hangman or pictiography in the sand

Massage

Up regulate - Light gentle touch

Down regulate - Deep pressure

Balloon Pass

Up regulate - Pass the balloon back and forth without letting it touch the ground, changing which body parts to hit the balloon with

Down regulate - Allow the balloon to land on a hand and use breath to blow it to the other person

Bubble Pop

Up regulate - Pop all the bubbles, occasionally changing which body part used to pop them.

Down regulate - Try to catch bubbles without them popping by allowing them to land as gently as possible, occasionally changing which body part is used to catch them.

Traffic Jam

Up regulate - Play with a time limit

Down regulate - Offer a move limit and encourage participants to think about each move carefully and take their time

Chair Stack

Up regulate - Build a tower as high as possible, as fast as possible.

Down regulate - Take time to carefully build one without it falling

Tray Game

Up regulate - See how fast you can move items from one tray to another using chopsticks.

Down regulate - Place a number of items on a tray. Give the other person a time limit to remember all the items, cover them and then remove one item whilst the other person looks away. See if the other person can spot which item has been removed.

Feather Blow

Up regulate - Competition to see who can blow the feather the furthest in a time limit

Down regulate - Gently pass the feather between each other by blowing it softly

I Went To The Shop

Up regulate - "I went to the shop and bought..." say a random item then the next person repeats what has been said but adds an item.

Down regulate - "I went to the shop and bought..." say an item that begins with the letter A, then the next person repeats what has been said and works through the alphabet.

Hand Stack

Up regulate - Stand in a circle with everyone's hands extended to the middle and placed on top of each other. Count how many times each person can put a hand to the top within a time limit.

Down regulate - One person places both hands into the middle facing up. They then attempt to hold their hands in place as each person places one hand on top and pushes down. If it goes all around the circle with the first person still able to support them, everyone else can use their second hand.

Pass the Lotion

Up regulate - Pass and splat

Down regulate - Use a small blob and see how many times it can be passed back and forth before there is none left

Motorbike Vs Cycle Bike

Up regulate - Whilst sat on the floor the adult and the child connect through their feet. Moving their feet in a fast motion like riding a bicycle.

Down regulate - Either the child or the adult shouts "motorbike" and both push their feet hard against one and other.

Cup Catch

Up regulate - With two plastic cups (of the same shape), one person throws a cup into the air and the other person attempts to catch it inside the other cup.

Down regulate - With two plastic cups (of the same shape), one person holds their cup still and the other person attempts to throw their cup into it.

Blow Football

Up regulate - Both people make a goal with fingers. Use a piece of scrunched up paper or other small, light, round object as a ball. Have a match within a time limit and see who wins.

Down regulate - Do a penalty shoot-out. Take turns trying to score, taking time to be as accurate as possible.

Hot Potato

Up regulate - Use a beanbag or heavier ball to quickly pass back and forth. See how many times it can be passed in one minute.

Down regulate - Use a balloon to gently pass back and forth without letting it touch the ground. Time how long it can be kept off the floor.

Mummy wrap

Up regulate - Using rolls of toilet paper, wrap a person up as much as possible within a time limit.

Down regulate - Using rolls of toilet paper, wrap a person up, taking time to ensure there are no gaps in the toilet paper.

Playing Cards

Up regulate - 52 card pick-up. Throw them all on the floor and see how quick they can all be picked up.

Down regulate - Any other card game. Blackjack / Snap / Go Fish etc

Mirroring

Up regulate - Whilst standing face to face, copy the fast movements of another's hands.

Down regulate - Whilst standing face to face and touching hands apply pressure and guide the others hands into different positions

Silly Walk

Up regulate - Leapfrog, big steps, hopping etc

Down regulate - Bear walk, dragon crawl etc i.e. anything low and slow

Invisible Ball

Up regulate - Throw an invisible ball to each other from across the room

Down regulate - Place one person's hands inside of the other person's. The person on the inside is then to push out as hard as they can, whilst the person on the outside presses in. Do this for 30 seconds, then separate and pay attention to the sensation.

Beanbag Balance

Up regulate - Place a beanbag on each person's head. Race from one point to another without dropping the beanbag.

Down regulate - Slowly walk across a line on the floor without stepping off it, ensuring the bean bag doesn't fall off.

Curiosity Games

The moon is round, the train game, crossed or uncrossed, 1 up 1 down.

Shield Game

Up regulate - Throw big sponge shapes or cushions to try to hit the other person's body, whilst the other person has to dodge or defend using a cushion as a shield.

Down regulate - Both using a cushion to push against each other.

Yes/No Game

Up regulate -

Down regulate - Have one person ask yes/no questions whilst the other person tries to answer without saying yes or no.

Cushion Kick-ups

Up regulate - Kick the cushion against the wall, attempting to not let it hit the floor before it can be kicked again.

Down regulate - Count how many kick-ups can be done without letting the cushion hit the floor

Catch

Up regulate - Stand further apart and throw overarm. Count how many times it can be passed in one minute.

Down regulate - Gentle under-arm throw. Count how many times it can be passed without it being dropped.

Do This, Do That

Up regulate - Big movements (gross motor skills) at a quicker pace

Down regulate - Smaller movements (fine motor skills) at a slower pace

Shaving Foam Sensory Exploration

Up regulate - On a tray direct the child to run their finger around the foam.

Down regulate - slower movements with a lavender scent

Squiggle Add

Up regulate - One person draws a squiggle on the paper then removes their pen. The next person adds to the squiggle. The final picture doesn't need to make sense it's just about having fun!

Down regulate - The same as up regulating apart from you work together to draw something specific.

Pen Follow

Up regulate - Both adult and child have the pen on the paper at the same time. The child must follow the adults movements with their pen. The movements are encouraged to be fast and sharp.

Down regulate - Same as the above but the movements are encouraged to be slow and heavy applying deep pressure with the pen onto the page.

Guess Where The Sticker Is

Up regulate - With the child blindfolded splace multiple stickers on different body parts. The child then has to remember where they fell and they have been stuck.

Down regulate - Whilst blindfolded and using a weighted object the adult sticks 1 sticker as gently as possible on the child. The child then has to figure out where the sticker has been placed.

