



Positive Looking Everyday by Everyone Toolkit

Downtime -we need to allow more!

1. Yoga/ mat – piece of mat
2. Blanket – piece of the blanket
3. Soft music – music note – 3d tactile
4. Stories - books
5. Sleeping mask
6. Teddy bear
7. Bean bag chair – bean bag
8. Massage – include red gloves.
9. Scents/lotion – lavender
10. Fidget toys/chew toys
11. Heavy/weighted blankets
12. Yoga /massage cards with different types of activities
13. Deep or light touch
14. Decreasing clutter
15. Tent to crawl in - lights inside or not
16. Little room - add materials based likes and vision
17. Tent – with pool pit for kids to lie or sit in – some of the balls have lights
18. Resonance feedback area/board
19. White noise – rain, fan , ocean
20. Exercises for child
21. Watching IPAD
22. Blacklight room
23. Swinging

24. Trampoline with balls
25. Weighted blanket
26. Cozy chair with wings
27. Vibration chair
28. Manipulation materials, beans (can warm), clay, Tangle toy, fidgets
29. Provide activity to organize items they like -
30. Coloring
31. Shaving cream
32. Clay for deep pressure
33. Warm shower with massage
34. Dimming lights
35. Essential oils
36. Relation and Meditation stories – App – Freedom of the Mind
37. Noise cancelling headphones
38. Stuffed animals
39. Adults – turn off our voices
40. Scarves – soft
41. Feathers
42. Burrito blanket
43. Ice packs or warm packets
44. Quiet list from Spotify
45. Hammock
46. Beanbag chair
47. Timer – schedule in breaks – Auditory cues – visual clock
48. Audiobook – sleeptime stories
49. Dimming lights to signify – visual cue
50. Goodnight baby
51. Item from home
52. Singing/sound bowls
53. Humming
54. Diffuser that changes color
55. Massage ball
56. Rubbing back
57. Head massage
58. Brushing Routine
59. Aromatherapy

60. Warm towel