

CICC Preschool at Home: OT

By CICC Occupational Therapist Ad Rosszell

Why Do Kids Need to Move to Calm Down?

Are your kids really active at home? How do you get them to calm down? We all know that our bodies need movement to be healthy, but **WHY** do we need to move in order to feel calm?

When we move around, our bodies process the movement using two of our inner senses called the **vestibular** and **proprioceptive** senses and one of our outer senses called the **tactile** (touch) sense. We need lots of pushing and pulling on our joints (proprioception), deep pressure on our skin (tactile) and moving of our head (vestibular) to have a really good sense of where our body is in space. By moving, we give our body information, helping to increase our body awareness, resulting in a feeling of calmness. We need this input on a regular basis. Children especially need this input, as they are growing and need to work on developing their body awareness!



Below are some in-home ideas for children who are both moving AND not yet moving on their own. Remember that children need safe, supervised movement activities on a daily basis!

Fun Ideas for movement in the home;

- Hold your child in the air for airplane rides using your arms or lie down and use your feet
- Do bouncy rides on your lap
- Hug child and spin around or give rides on an office chair
- Hug child and tip them upside down, then bring them back up
- Swing in blanket or towel held by 2 adults
- Rock on a rocking horse or rocking chair
- Create an obstacle course out of things in the house. Help your child go over, under, through chairs, cushions, stools, crepe paper/tape, boxes, etc.
- Play tug of war
- Jump on a cushion or mattress on the floor
- Roll on the floor to get from one place to another
- Build steps out of couch cushions and climb up
- “Horsey” ride on the back of an adult or sibling who is crawling around
- Go on piggyback rides