

CALMING ACTIVITIES TO HANDLE AUTISM MELTDOWNS IN CLASSROOMS



Try relaxation techniques



Encourage children to listen to calming music.



Encourage mindfulness meditation for older children.

Ask them to observe and list five things around the classroom.



Help them perform stretching exercises and pay attention to their bodies.



Let them hold a stuffed animal or soft clay.

Create a student retreat corner or calm down drawers

Fill a corner with sensory toys, calming activities, and books.



You may also fill a drawer with sensory toys such as playdough, stress balls, aromatherapy pillows, and fidget toys.

Let your students know that they may use it when they feel anxious or emotional.



Encourage coloring activities

Handover coloring pages to children because coloring helps calm the mind and body and shift focus.



Incorporate auditory sensory play

Help children with autism calm down by incorporating sensory play such as musical chairs, Simon says, or white noise machines.



Reference:

1. 30 Activities, Teaching Strategies, and Resources for Teaching Children with Autism; Waterford.org