



Simple movement ideas to support regulation at home

(A gentle introduction for parents)

A gentle note for parents,

Many children need movement to help their bodies feel calm, alert, and ready to engage. Movement isn't a reward; it's a need.

You don't need specialist equipment or long routines. Short bursts of movement, done regularly, can make a big difference.

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A simple way to think about movement

Movement activities often fall into three helpful stages:

- Waking the body up
- Helping the body organise
- Helping the body calm



You don't need to do all three every time, even one or two can help.

Waking the body up (alerting activities)

These activities help increase energy and attention.

Try at home:

- Jumping on the spot
- Star jumps
- Bunny hops or frog jumps
- Skipping (with or without a rope)
- Bouncing on a bed or sofa (with supervision)



Tip for parents:

Keep it short : 3 - 5 minutes is often enough.

Helping the body organise

These activities support balance, coordination, and body awareness.

Try at home:

- Walking along a line on the floor
- Stepping over cushions
- Crawling under chairs or tables
- Carrying objects from one place to another
- Simple obstacle courses using pillows or furniture



Tip for parents:

Let your child choose how to move, there's no "right" way.



Helping the body calm

These activities provide deep pressure and calming input.

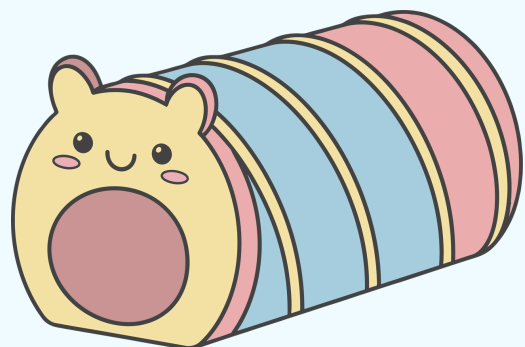
Try at home:

- Wall pushes (hands flat against the wall)
- Big squeezes (if your child enjoys them)
- Crawling through a blanket tunnel
- Rolling a yoga ball gently over the body
- Lying on the tummy and pushing up through hands



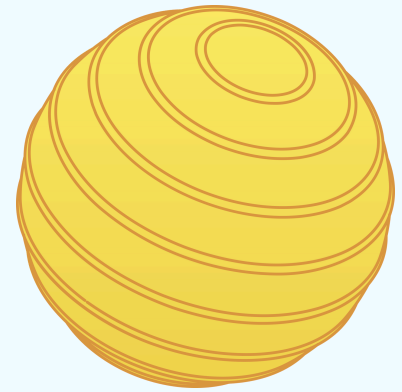
Tip for parents:

Calming activities are often helpful after energetic play.



Useful items you may already have

- Cushions or pillows
- Blankets
- A soft mat or carpet
- Chairs or sofas for crawling under



Optional items some families choose to buy:

- Yoga ball
- Small trampoline
- Balance board



(These are helpful but not essential.)

Important reminders

- Movement should feel fun, not forced
- Stop if your child shows signs they've had enough
- Short and regular works better than long sessions

If you're unsure what type of movement best supports your child, this can be explored in more detail during a parent consultation.

Every child's sensory needs are different. What works one day may not work the next, and that's okay.

At Happy Chatters, we help families understand why movement helps and how to use it in a way that supports communication and wellbeing.



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