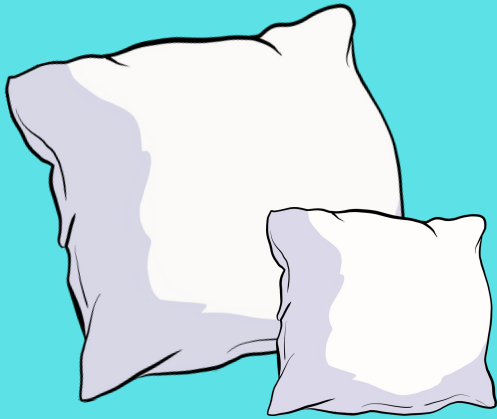




**Pillow crash and
squeeze**



**Joint squeeze &
tight hugs**



**Choose a breath
Practice**



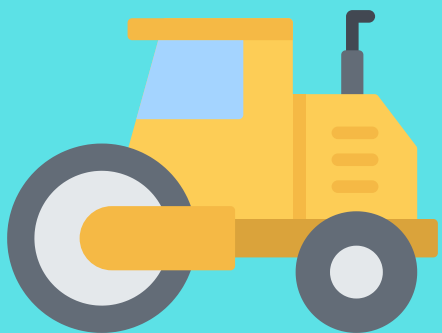
Spins or sways



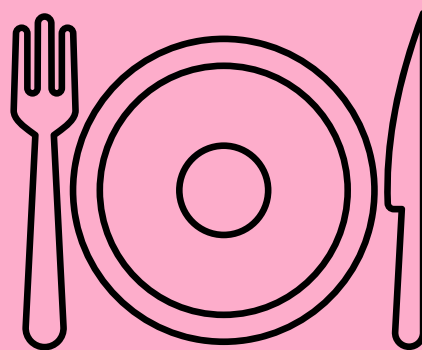
lotion massage



Buritto roll



Steam roller



Lunch time



**choose an
essential oil**



Bear crawls



Crab walks



**Wheelbarrow
walking**



Climber play time



Pipe cleaner drop



Dinosaur Rescue



Toes to hand touches



Wall push-ups



**Quiet reading in
red light**



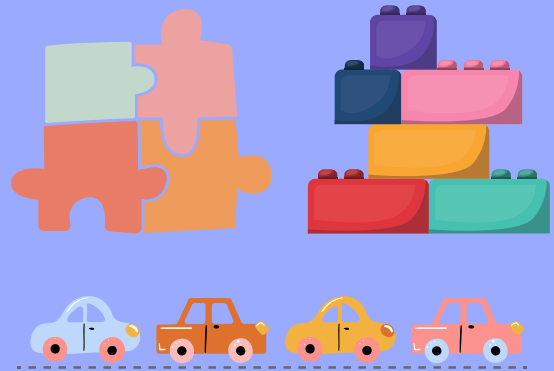
bubble bath



Shower time



Potty Break



**Calm toy time
clean up after**



bubble blowers



**Choose a breath
practice**



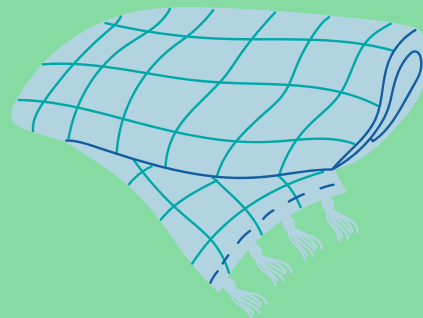
Brush teeth



Pajamas



**Stuffed animal
squeeze**



Blanket sways

How to use the cards:

Print two sets one for nap and one for bedtime

Nap set:

Routine 1: PINK

Routine 2: ORANGE

Routine 3: YELLOW

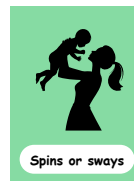
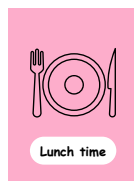
Choose one of each below:

Vestibular Input: GREEN

Proprioceptive Input (body awareness): BLUE

calming: PURPLE

example:



Bedtime set:

Routine 1: PINK

Routine 2: ORANGE

Routine 3: YELLOW

Choose one of each below:

Vestibular Input: GREEN

Proprioceptive Input (body awareness): BLUE

calming: PURPLE

example:

