

Reflective Activity: Stressful/Relaxing Sensory Activities

Not all activities in your classroom will be relaxing for your students. However, it's important to have a balance between tasks that may be more stimulating and stressful, and activities that may be less stimulating and calming. Use this chart to think about activities you do that are stressful and relaxing. Think about how to achieve a better balance, considering the strategies listed below.

