

# BRAIN STEM CALMERS

Need to be Rhythmic, Repetitive, Rewarding

## ACTIVE

*Walking, Running, Skipping, Scootering, Trampoline, Squats, Workouts, Jumping, Star Jumps, Bunny Hops, Resistant band, Pull, Push wall*

*Yoga, Tai Chi, High Intensity, Gym, Martial Arts, Boxing, Swimming, Rowing, Swinging, Pull-ups on pull up bar*

## MOVEMENT

*Movement, Dancing, Sway to Music, Rocking Chair, Chair Aerobics, Stretches, Doodling, Drawing, Painting*

## MUSIC and RHYTHM

*Singing, Rapping, Humming, Whistling, Playing Instruments, Drumming, tapping a Rhythm on knee, table or pan, Listen to Music, Headphones, Radio, Beats, Writing Songs or Rhythms*

## MINDFULNESS

*Mindfully: Walking, Brushing teeth, Putting on kettle, Mindfully eating, having a comfort cuppa  
Mindful 90 second breaks in day, Visualisation, Meditations, Body Scan and Tense and Relax exercise*

## BREATHING TECHNIQUES

*Square Breathing  
Tummy Breathing or Chest Breathing  
Scan body with breath  
Breathe in for 4 hold for 6 and Exhale for 4  
Soup Breathing  
Stop- Reflect- Breathe  
Sigh Breathing  
Autogenic Breathing  
Body Scan*