



## **IDEAS FOR KIDS WHO REGULATE WITH VISUAL INPUT**

These students may need a visual break or visual stimulation to feel “just right”. Reducing the amount of visual input is similar to focusing on one thing in front of your face – both methods block out the peripheral input, which tends to be alerting. So, the effect of these activities is calming to the nervous system.

### **Activity Ideas:**

- Dim lights or turn them off. When you do this, engage a different sense such as listening to music/sounds/someone reading a story; or have some quiet time with tactile input – something nice to feel with your hands, like a soft blanket or some putty (don’t share these items between students).
- Create a dark space. Instead of using a cozy corner that might be hard to clean, can you turn off the lights, close the blinds and door. Get some finger lights from the dollar store, lie on the floor (on a blanket or towel that can be washed) and shine the coloured lights onto the ceiling. You can just use a regular flashlight too, and follow each other’s lights across the ceiling.
- Colouring – print out pictures of interest. Colour using different media to keep it interesting: markers, crayons, colouring pencils, paint with brushes/Q-tips.
- Doodle or follow a directed art activity like: <https://www.youtube.com/user/ArtforKidsHub>
- Painting with watercolours – blend the colours to wash over the paper.
- Mixing paint colours on paper or food colouring drops in a tray of water. Swirl them around for a marbled effect. Kids love to watch the colours move and change.
- Science experiments. Check Youtube for ideas too. There’s tons online like: <http://www.sciencefun.org/kidszone/experiments/>  
Look for ones that are visually interesting and simple to put together.
- Make a glitter jar:
  - Using a jar or water bottle with a tight-closing lid, fill with water, add some food colouring and glitter. Close tightly, shake and watch the glitter swirl around.
- Do a puzzle.
- Look at a book: read, follow the pictures, or try an “I Spy” book to really get your eyes searching.
- Watch these relaxing images: <https://www.district196.org/about/calm-room/visual-relaxation>  
Kaleidoscope and the Coral Reef are our favorites 😊