



When it's time to calm down, build Santa's workshop in your own home. Encourage proprioceptive input by showing your kids how to build a Santa's workshop with couch cushions and pillows. Lifting heavy cushions is a great heavy work activity. Once done, kids can calm down in their couch cushion workshop under blankets and pillows. Add a few toys and pretend hammers from a toy tool set for pretend play and problem solving in this Santa's workshop activity.

*Suggested by NIS OT team*