

Teddy Alarm Clock



- Hold a small blanket with me, help me to slowly rock teddy off to sleep in the blanket.
- Say “tick tock, tick tock” several times as we swing the blanket.
- Sound the alarm and wake teddy up with a bounce.
- Always end with a slow calm rock to help me to calm down, we could sing a lullaby.

These games are good for helping me to listen to and follow your instructions. They help me to move between different states; being calm and gentle then being excited and returning back to calm. This helps me learn to regulate.