

Calming Down Playlist for Autistic Children

Soothing Strategies for Relaxation and Self-Regulation

Created by Bloom with Autism

<https://bloomwithautism.com>

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Contents

1	Introduction	2
2	Why a Calming Playlist?	2
3	Calming Music Playlist	2
3.1	Music Recommendations	2
3.2	Tips for Using Music	3
4	Sensory-Friendly Calming Activities	3
4.1	Activity Ideas	3
4.2	Tips for Activities	4
5	Parent Tips for Supporting Calm Moments	4
6	Additional Resources	4
7	Closing Thoughts	4

1 Introduction

Welcome to the *Calming Down Playlist for Autistic Children*, brought to you by Bloom with Autism. Many autistic children experience sensory sensitivities or moments of overwhelm, and a calming playlist can be a powerful tool to help them self-regulate and find peace. This guide includes a curated list of soothing music, sensory-friendly activities, and tips for parents to create a calming experience for their child. Our goal is to support you in fostering a sense of calm and comfort for your child.

2 Why a Calming Playlist?

Music and structured activities can help autistic children manage sensory overload, reduce anxiety, and transition to a calmer state. The suggestions in this playlist are designed to be gentle, predictable, and engaging, catering to a variety of sensory preferences. Parents can adapt these ideas to suit their child's unique needs.

3 Calming Music Playlist

Below is a curated selection of music tracks and genres known for their soothing qualities. These are accessible on platforms like Spotify, YouTube, or Apple Music, and are chosen for their calming tempos and minimal sensory intensity.

3.1 Music Recommendations

- **Classical Music**

- *Clair de Lune* by Claude Debussy A gentle piano piece with a flowing, dreamy quality.
- *Gymnopédie No. 1* by Erik Satie Soft, repetitive melodies that promote relaxation.
- *Moonlight Sonata (1st Movement)* by Ludwig van Beethoven Slow and calming piano composition.

- **Ambient and Instrumental**

- *Weightless* by Marconi Union Scientifically designed to reduce stress, with a slow, steady rhythm.
- *Meditation* by Max Richter Minimalist and soothing, ideal for calming sensory overload.
- *Ocean Waves* by Nature Sounds Gentle wave sounds for a natural, calming effect.

- **Children's Calming Music**

- *Twinkle Twinkle Little Star (Instrumental)* Familiar and soft, perfect for young children.
- *Brahms Lullaby* A classic lullaby with a gentle, predictable melody.
- *Disney Piano Medley* by Relaxing Piano Crew Familiar Disney tunes in a soft piano arrangement.

3.2 Tips for Using Music

- **Test Preferences:** Observe your child's reactions to different genres to find what soothes them best.
- **Control Volume:** Keep the volume low to avoid overstimulation.
- **Create a Playlist:** Use a streaming service to compile these songs into a dedicated playlist for easy access.
- **Pair with Visuals:** If your child enjoys visuals, pair music with a calming video, like slow-moving nature scenes.

4 Sensory-Friendly Calming Activities

In addition to music, these activities can enhance the calming experience and help your child self-regulate.

4.1 Activity Ideas

- **Deep Pressure Activities**
 - Use a weighted blanket or lap pad (if safe and comfortable for your child).
 - Offer gentle hugs or a sandwich game where you lightly press pillows around them.
- **Sensory Play**
 - Provide a sensory bin with soft materials like rice, beans, or kinetic sand.
 - Offer fidget toys, such as squishy balls or textured rings, to keep hands busy.
- **Breathing Exercises**
 - Practice balloon breathing: Ask your child to imagine blowing up a balloon by taking slow, deep breaths in and out.
 - Use a visual aid, like blowing bubbles, to encourage slow exhalation.
- **Movement-Based Calming**

- Rock gently in a rocking chair or on a swing.
- Try slow, guided stretching or yoga poses, like child's pose, adapted to your child's comfort level.

4.2 Tips for Activities

- **Create a Calm Corner:** Designate a quiet space with soft lighting, cushions, and sensory tools for your child to retreat to.
- **Follow Their Lead:** Let your child choose activities that feel soothing to them.
- **Introduce Gradually:** Start with one activity at a time to avoid overwhelming your child.

5 Parent Tips for Supporting Calm Moments

- **Observe Triggers:** Note what situations or stimuli lead to overwhelm, so you can use the playlist proactively.
- **Stay Calm:** Your calm presence can help your child feel secure. Practice deep breathing or mindfulness yourself.
- **Be Consistent:** Use the playlist regularly to build familiarity, which can enhance its calming effect.
- **Involve Your Child:** If possible, let your child pick songs or activities to give them a sense of control.

6 Additional Resources

- **Bloom with Autism:** Visit <https://bloomwithautism.com> for more sensory-friendly resources and parent support.
- **Streaming Platforms:** Create playlists on Spotify (<https://www.spotify.com>) or YouTube (<https://www.youtube.com>) using the suggested tracks.
- **Sensory Tools:** Explore sensory products at retailers like <https://www.sensorydirect.com> or <https://www.amazon.com> (search for sensory toys for autism).
- **Support Communities:** Join autism parent groups on platforms like <https://www.autismspeaks.org> for shared tips and experiences.

7 Closing Thoughts

The *Calming Down Playlist for Autistic Children* is a tool to help your child find peace and comfort during overwhelming moments. By combining soothing music with sensory-friendly activities, you can create a supportive environment that celebrates your child's

unique needs. Visit <https://bloomwithautism.com> for more resources and to connect with our community. Youve got this!