

Movement Activities	Calming Activities
<p><u>Morning Stretches</u></p> <ul style="list-style-type: none"> ➤ Reach up to sky on tiptoes, then bend down to toes and hold/hang there for 10 counts, repeat 5 times. <p><u>Windmills</u></p> <ul style="list-style-type: none"> ➤ Have the children stand up and give themselves enough room to stretch their arms out at their sides, then bend at waist from side to side swinging arms along with movement <p><u>Animal Walks</u></p> <ul style="list-style-type: none"> ➤ Snake – Slither on floor over to rug, trying to use only hands/arms, no legs ➤ Frog - Leap like a frog over to rug ➤ Bear – Walk on all fours with straight arms and legs, rear-end pointed up ➤ Crab – Walk backwards on all fours, belly facing up, elbows and knees are bent <p><u>Washing Machine</u></p> <ul style="list-style-type: none"> ➤ <u>Use a laundry bag filled with ball pit balls, have the child get into the bag, tighten the draw string a little and drag the bag a round to simulate a washing machine</u> <p><u>Trampoline</u></p> <ul style="list-style-type: none"> ➤ Sing ABC’s or count while jumping on the trampoline ➤ Scissor jumps <p><u>Rolling</u></p> <ul style="list-style-type: none"> ➤ You can pretend to make a fajita: place paper toppings on the floor, have the child pretend to be the tortilla, have the child roll over all “toppings” to make the fajita ➤ Body bowling: setup plastic bottles as bowling pins and have the child roll his body to knock down the pins ➤ Make a burrito by rolling the child up in a blanket or sheet ➤ Make “Hot dogs” roll child slightly in a blanket/towel/body sock and with slow firm, steady pressure rub “ketchup”, “mustard”, “relish” and “onions”, etc. up and down the child’s length <p><u>Therapy Ball</u></p> <ul style="list-style-type: none"> ➤ Sitting and bouncing on a ball ➤ Laying over the ball on belly and pushing back from hands to feet <p><u>Scooter Boards</u></p> <ul style="list-style-type: none"> ➤ Laying on belly and propelling scooter with hands (not feet) 	<p><u>Deep Pressure</u></p> <ul style="list-style-type: none"> ➤ Have the child lay down on their belly or back and roll the therapy ball over them with some increased pressure frequently checking with the child if they want more or less pressure ➤ Make a ‘child sandwich’ using couch pillows and adding creative toppings <p><u>Yoga Animals</u></p> <ul style="list-style-type: none"> ➤ Holding yoga animal positions for 10 seconds <p><u>Massagers</u></p> <ul style="list-style-type: none"> ➤ Move small massager along child’s back, arms, and legs <p><u>Hugs</u></p> <ul style="list-style-type: none"> ➤ Providing the child with a firm hug <p><u>Straw activities</u></p> <ul style="list-style-type: none"> ➤ Drink pudding or applesauce through a straw ➤ Using a straw and cotton ball to play “soccer” on the floor or on the table ➤ Bubble Mountain – fill a bowl with soapy water and use a straw to blow out <p><u>Food</u></p> <ul style="list-style-type: none"> ➤ Crunchy snacks (e.g. chips, carrots) ➤ Chewy foods (e.g. dried fruit, gum) ➤ Sour foods (e.g. Sour Patch Kids, lemonade powder) <p><u>Music</u></p> <ul style="list-style-type: none"> ➤ Listening to slow and rhythmical music <p><u>Heavy Work</u></p> <ul style="list-style-type: none"> ➤ Carry crate of books or a heavy bean bag while walking in line ➤ Stand facing wall, press flat palms against wall and try to “push” the wall over, count to 5, 5 times ➤ Sit facing wall with feet against wall and try to push over wall with legs ➤ Use a weighted lap pillow while sitting at the desk ➤ Chair push-ups / desk push ups ➤ Army crawl through a cloth tunnel

*** It is important to note that many children react differently to activities that are ‘typically calming’ or ‘typically energizing’ and these activities are just a general guideline.