

Alerting Sensory Activity



Breathe in as you reach your arms up to the sky and feel your body stretching, getting taller and taller.



Stand up and put your feet flat on the floor. Reach your arms way up to the sky and breathe a deep breath in, filling your belly with air. Now, bend down and reach for your toes. While you bend, breathe out and feel the worry go away. Try this activity 5 or 10 times.
Refreshing!



Bring your criss-crossed across your body and give yourself a BIG HUG. As you gently hug yourself, breathe out, pushing all of the air out of your belly. Now let your arms rest and breathe in deeply.

You can hug yourself ANY time you'd like to!



Stand on one foot and count to ten. Now try the other foot. Can you stand longer on your right or left foot? Now try it with your eyes closed. Is it harder?



Listen to music that makes your body feel calm. Close your eyes and breathe in and out to get the worry out.

Hear

Close your eyes and listen to the world around you. What do you hear?
Keep your body still and quiet as you listen.



Bumble Bee Breath
Sit up nice and tall.
Breathe SLOWLY in through your nose. Now, as you breathe out through your mouth, say ZZZZZZZZZZZZZZ like a bee!
Try making HUMMMMMMM or SSSSSSSSS sounds when you breathe out.
FUN and relaxing.
Do this 5-10 times.



Stand up or sit for this activity.
Bring your hands up to your ears. Rub your ears in a SLOW circle. Now, move to your forehead. Move your fingers in circles to massage your forehead. Does this make you feel relaxed?



Do you know what a
WARRIOR is?
It's a STRONG person.
Stand up and make your
body match the picture.
Now, hold your body here
while you count to 5.

Repeat 5 or 10 times and
remember to move
SLOWLY.
You ARE strong!

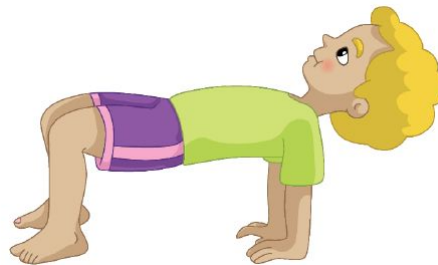


TABLE
Make a table with your
body.
What is on your 'table'?
Is it food? Art supplies?

See how long you can
hold your table.

Remember to breathe
SLOWLY in and out
while you are a table.



CAT and DOG
Get down on the floor on your
hands and knees.
Arch your back and look at the
floor. This is CAT pose.
Now, look up at the ceiling and
lower your pack. You are in
DOG pose!

Move SLOWLY as you pretend
to be a cat and then a dog.
Do this 5-10 times.



This pose is another way we
can make our body into a
triangle.
While you bend over, breathe
OUT.
As you stand up, breathe IN
deeply.

Did you make a triangle?
If not, keep trying. It's important
to move SLOWLY.