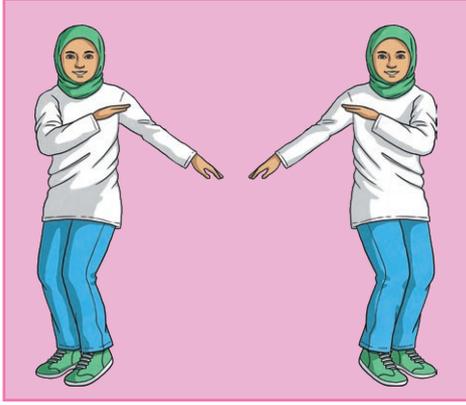


Alerting - Wakes My Body Up



Movement Break

Alerting - Wakes My Body Up



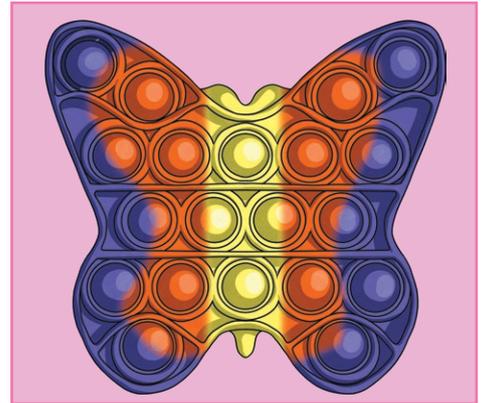
Blowing Bubbles

Alerting - Wakes My Body Up



Upbeat Music

Alerting - Wakes My Body Up



Sensory Tools

Alerting - Wakes My Body Up



Feather Touch

twinkl.com

Alerting - Wakes My Body Up



Trampoline

twinkl.com

Alerting - Wakes My Body Up



Hula-hooping

twinkl.com

Alerting - Wakes My Body Up



Skipping

twinkl.com

Alerting - Wakes My Body Up



Jumping

[twinkl.com](https://www.twinkl.com)

Alerting - Wakes My Body Up



Climbing

[twinkl.com](https://www.twinkl.com)

Alerting - Wakes My Body Up



Singing

[twinkl.com](https://www.twinkl.com)

Alerting - Wakes My Body Up



Hopping

[twinkl.com](https://www.twinkl.com)

Alerting - Wakes My Body Up



Ball Games

Alerting - Wakes My Body Up



Bouncing

Calming - Calms My Body Down



Relaxing Music

Calming - Calms My Body Down



Weighted Blanket

Calming - Calms My Body Down



Giving yourself a hug
and a squeeze.

Calming - Calms My Body Down



Gentle Swinging

Calming - Calms My Body Down



Gentle Rocking

Calming - Calms My Body Down



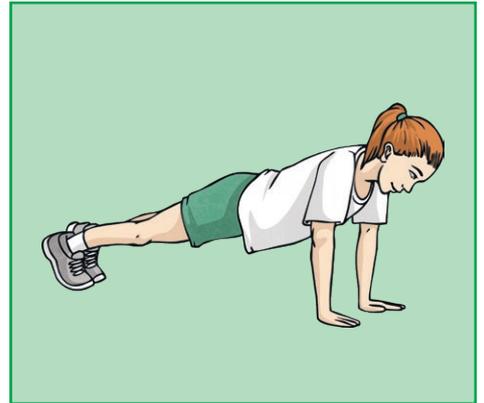
Modelling Dough

Calming - Calms My Body Down



Resistance Band

Calming - Calms My Body Down



Push-ups

Calming - Calms My Body Down



Quiet Area

Calming - Calms My Body Down



Yoga

Calming - Calms My Body Down



Deep Breaths

Calming - Calms My Body Down



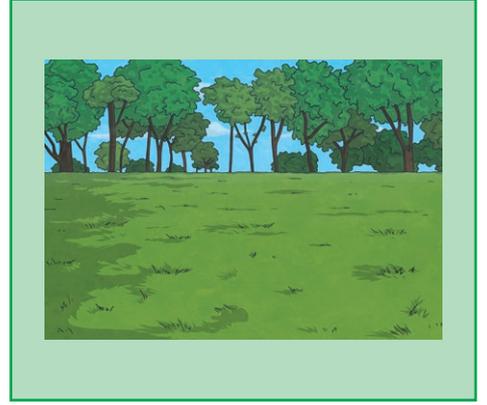
Hand Massage

Calming - Calms My Body Down



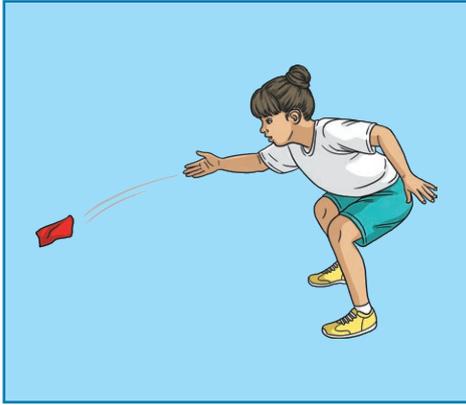
Cuddle a Toy

Calming - Calms My Body Down



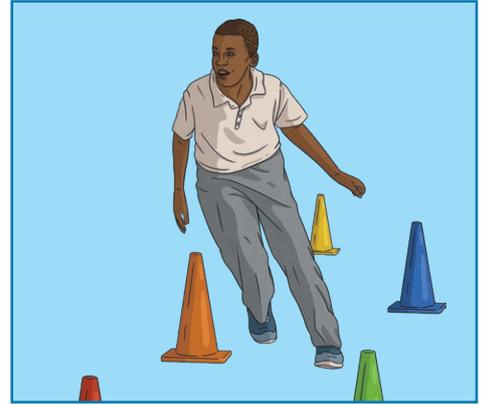
Go Outside

Organising - Organises My Body and Brain



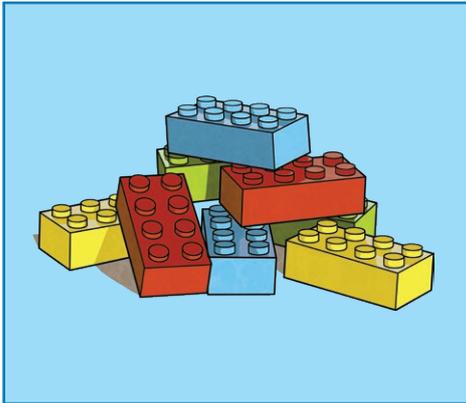
Throw a bean bag
at a target.

Organising - Organises My Body and Brain



Dribble a ball in and
out of cones.

Organising - Organises My Body and Brain



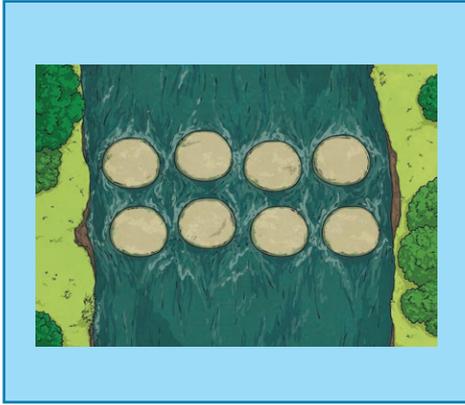
Make something out of
building bricks.

Organising - Body and Brain



Draw or play a game
on a whiteboard or
chalkboard.

Organising - Organises My Body and Brain



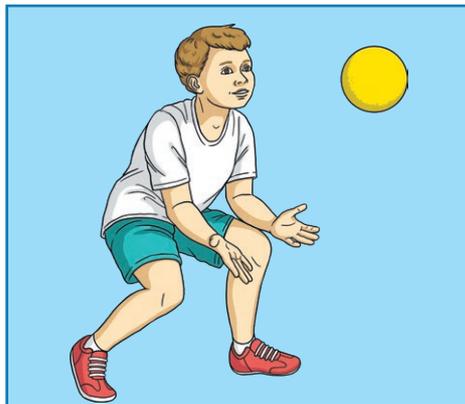
Pretend to walk on stepping stones.

Organising - Organises My Body and Brain



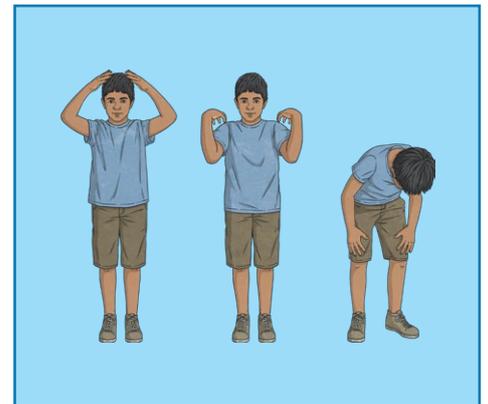
Pat your head and rub your tummy.

Organising - Organises My Body and Brain



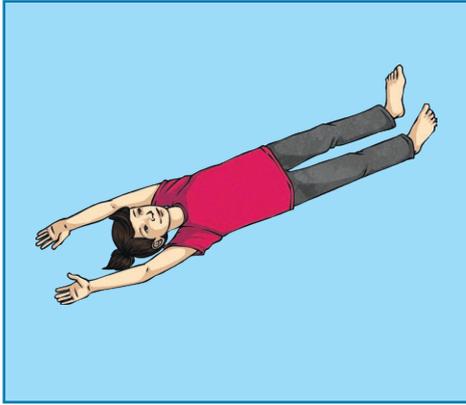
Throw and catch a ball.

Organising - Organises My Body and Brain



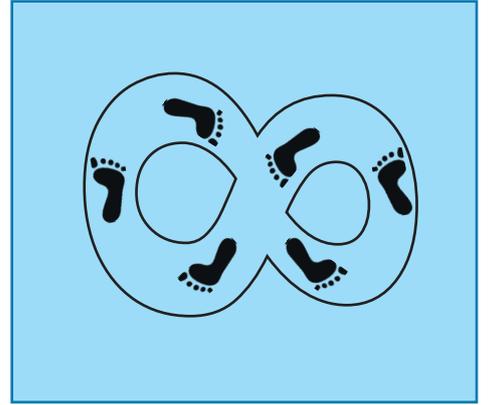
Touch your head, shoulders, knees and toes.

Organising - Organises My Body and Brain



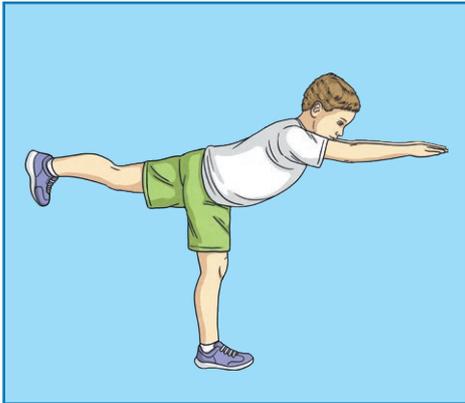
Do a log roll with arms stretched above your head and feet together.

Organising - Organises My Body and Brain



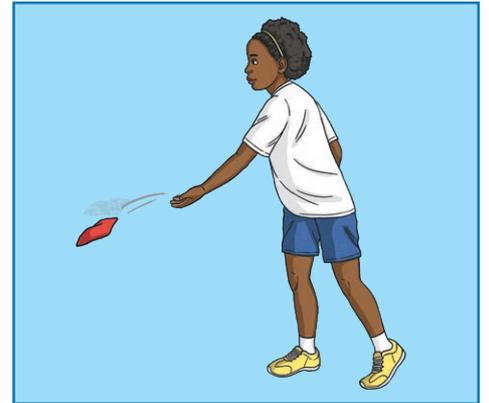
Walk in a figure of eight around two chairs. Do it again with your eyes closed.

Organising - Organises My Body and Brain



Balance on one leg.

Organising - Organises My Body and Brain



Throw a beanbag into a box.

Organising - Organises My Body and Brain



Do some frog jumps.

Organising - Organises My Body and Brain



Army crawl under a table or chair.