



Select one activity from each box beginning from left to right



Alerting



Organising



Calming

Step ups

Wall pushes

Running

Bouncing on a ball

Dancing

Scooter

Jogging on the spot

Star jumps

Trampoline

Swinging

Skipping

Going outside

Wheelbarrow walk

Balancing

Rolling a ball up a wall using hands or feet

Stepping stones

Wall pushes

Slow rocking to music

Crawling

Balancing

Slow bouncing to music

Catch a heavy ball

Walking upstairs

Walking hands up a wall

Fidget toys

Swirling ribbons

Roll a ball over the body gently

Playdough squeezing

Gentle massage- squeezing arms/legs

Blowing bubbles

Listening to music

Turning off lights

Relaxing on cushions

Tickling with feathers

Wrapping in a blanket