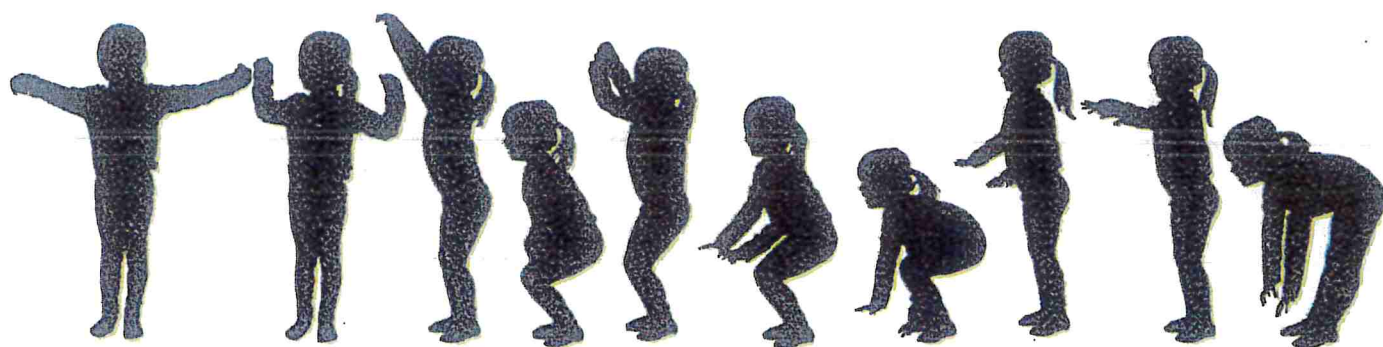


ORGANIZING, ALERTING, & CALMING ACTIVITIES FOR KIDS



WWW.GROWINGHANDSONKIDS.COM

ORGANIZING, ALERTING, & CALMING ACTIVITIES FOR KIDS

© 2019, Growing Hands-On Kids, LLC
www.GrowingHandsOnKids.com

All rights reserved

This product is under copyright law. The subscriber only has permission to print the product as is, without making changes. You may make copies to distribute to classrooms, family, or therapy sessions as long as no changes are made to the document.

Disclaimer:

This list is not to be used to diagnosis and is for educational and information purposes only. If you feel your child is delayed in any way, please consult your pediatrician or physician.

All activities are designed to be completed with adult supervision. Please be aware of any medical condition that would prevent a child from completing the activities as listed before attempting them. Do not attempt spinning or swinging activities with a child with a history of seizure activity, unless a doctor has given permission to do so.

The subscriber is responsible for following all age appropriate and safety measures for all activities. Growing Hands-On Kids, LLC is not responsible for any injury when replicating these activities below.



WWW.GROWINGHANDSONKIDS.COM

ORGANIZING ACTIVITIES

- Heavy work (gives input to the muscles and joints)
- Wall pushes with the hands and feet
- Jumping on a trampoline
- Popcorn jumps (jumping from a squatting position and landing back in the squat position)
- Wheelbarrow walking
- Crawling through tunnels
- Completing an obstacle course
- Putting down/up chairs
- Sitting on a therapy/exercise ball during classroom activities
- Passing weighted balls (play a game of hot potato)
- Scooter board wall push offs (child needs to lay on their stomach and push off the wall with their feet and then push the scooter board back to the wall with their hands)
- Resistance bands on a desk or used in a sensory break

ALERTING ACTIVITIES

- Bouncing on a therapy/exercise ball
- Listening to upbeat music with a strong beat
- Vibrations on the arm, hand or back
- Swinging
- Jumping on a mini-trampoline
- Going for a walk outside
- Heavy work activities (moving a stack of books, rearranging chairs etc)
- Use two fingers on the back of the spine, give a light, upward stroke 3-5 times
- Controlled spinning (no more than 10 repetitions, clockwise and counter clockwise - do not attempt if there is a history of seizures or heart condition)
- Jumping jacks
- Wall pushups
- Running (relay race or obstacle course)
- Skipping

CALMING ACTIVITIES

- Rocking slowly over a therapy/exercise ball while on the stomach
- Turning off lights
- Swinging in a large circle with the child facing the adult (no spinning)
- Laying under a weighted blanket
- Listening to soft music (slow classical or spa like music)
- Bean bag squeezes
- Laying on the floor while an adult rolls a ball over top giving some deep pressure
- Use of a body sock/lycra material to wrap in (leave the head outside)
- Light/Hard touch (depending on the child - have them brush a feather over the skin on their arm or squeeze their arm with their hand for deep pressure)
- Using two fingers on both sides of the spine, use a firm downward stroke 3-5 times
- Hand fidgets (play dough, theraputty, etc)
- Heavy work (pulling a weighted backpack or cart, moving furniture, picking up a stack of books etc)

