



# ALERTING vs. CALMING

## Movement Activities

Bouncing up and down on a therapy ball

Swinging or spinning in a rotary motion (i.e. tire swing)

Trampoline

Sit n' Spin

Jumping Jacks

Marching

Running sports

Dancing

Hippity hop ball

Hopscotch

Sliding

Rollercoasters

Walking on uneven surfaces

Somersaults

Magic Carpet- drag child on floor on a blanket using jerky motions (i.e. side to side)

Monkey Bars

Linear swinging (i.e. playground swing)

Climbing equipment (i.e. rock wall, ladders)

Tug-of-War

Rearranging furniture (i.e. lifting chairs on/off the desk)

Building a fort out of pillows

Heavy work (i.e. carrying a stack of heavy books, carrying heavy backpack)

Wheelbarrow walks (walking on hands while someone else holds feet)

Animal walks (crawling like a crab or walking like a bear, frog jumps)

Having child jump into a pile of heavy pillows and blankets

Sports: swimming, gymnastics, karate, wrestling

Household work (i.e. wiping tables, sweeping, mopping, carrying laundry basket)

Push ups