

# Alerting Activities



1. Seated Bounces



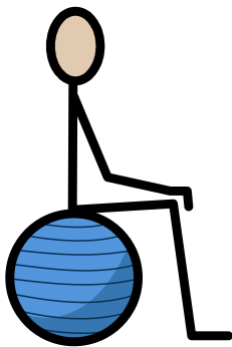
2. Upside Down



3. Ball Hugs



4. Ball Push Ups



5. Balance



6. Star Jumps

# Alerting Activities



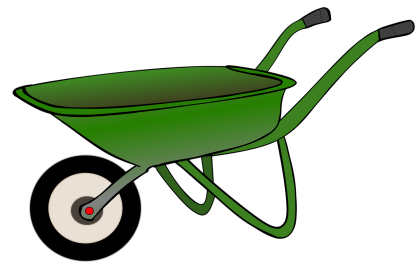
7. Skipping



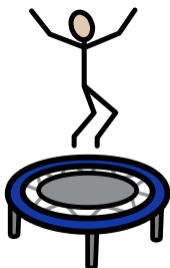
8. Jumping



9. Sprinting



10. Wheelbarrow  
Walking



11. Trampoline  
Jumping



12. Dancing

# Alerting Activities



13. Scooter board



14. Over/Under Passes



15. Star Jumps



16. Spinning Toys



17. Sprinting



18. Straw Football

# Organising Activities



1. Stretching



2. Tunnel



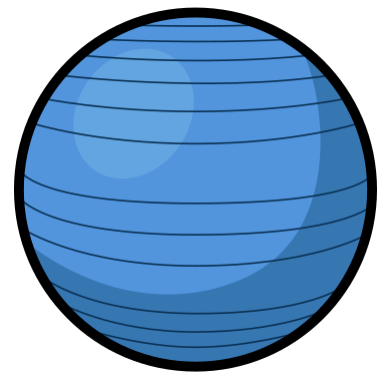
3. Ball Games



4. Sorting



5. Follow the Trail

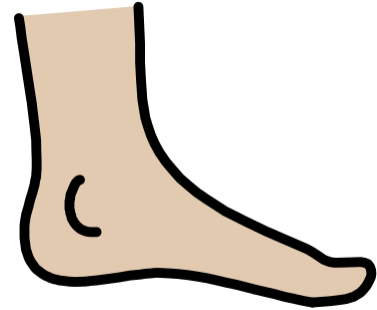


6. Ball to Toes

# Organising Activities



7. Gym Ball + Cones



8. Foot Passes



9. Lego



10. Bean Bag  
Balancing



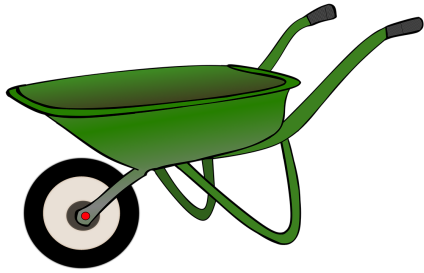
11. Bubbles

12

12. Balloon Game



# Organising Activities



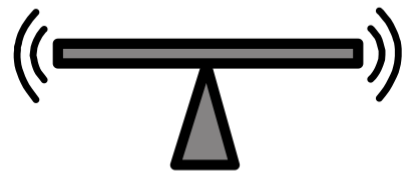
13. Wheelbarrow Walking



14. Threading/ Sorting



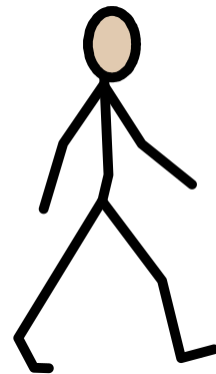
15. Play-Doh



16. Balancing



17. Log Roll

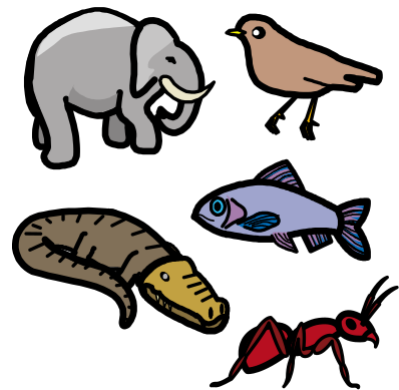


18. Infinity Walk

# Calming Activities



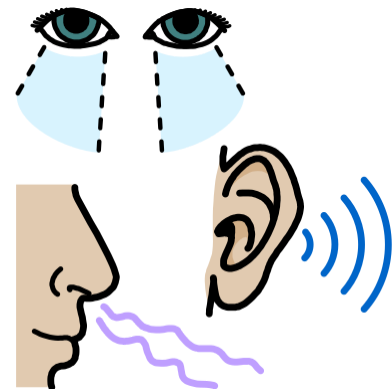
1. Yoga



2. Animal Yoga



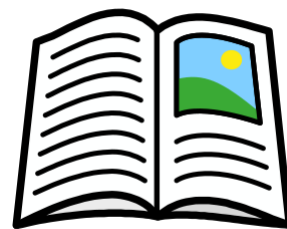
3. Ball Squashing



4. Sensory Bins

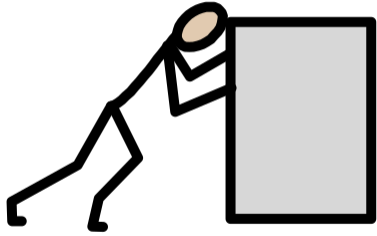


5. Bubbles

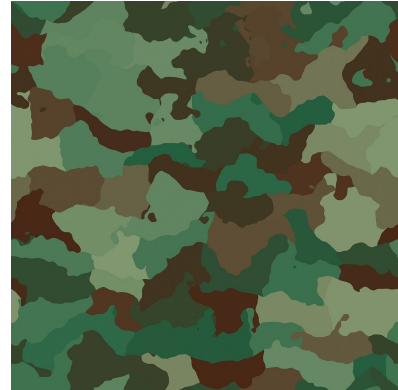


6. Weighted Blanket + Story

# Calming Activities



7. Wall Pushes



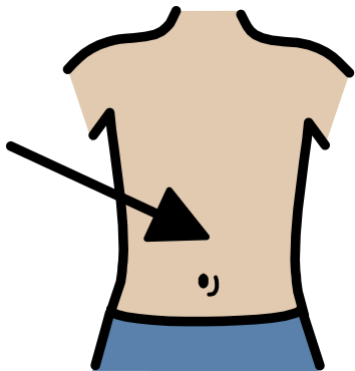
8. Comando Crawling



9. Push/Pull



10. Therapy Band



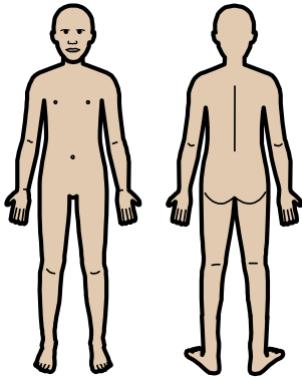
11. Tummy



12. Pilates



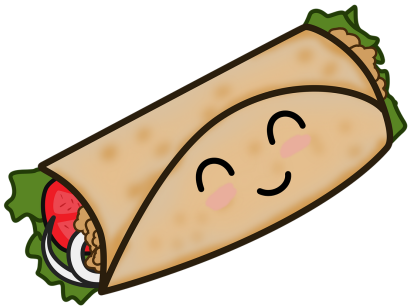
# Calming Activities



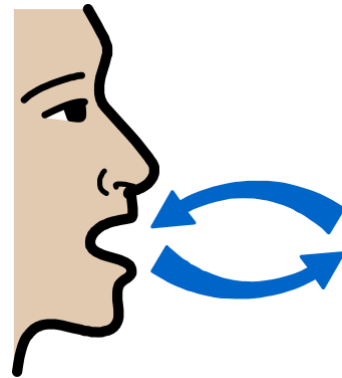
13. Body Outline



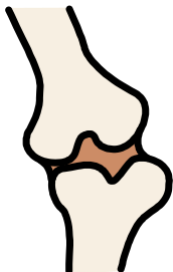
14. Hand/Feed Massage



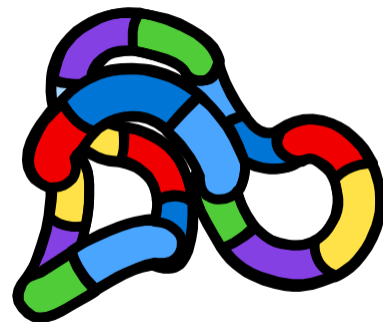
15. Burrito Roll



16. Breathing



17. Joint Compressions



18. Fidget Toys