

Quicker, faster movements are alerting

Loud, excited, fast talking or interactions tend to be alerting

GET SOME ENERGY OUT Before School or During Lunch

Tracking your movement

- Wear a pedometer, fit bit or apple watch to track your steps during the day

Sedentary is less than 5,000 steps per day.
Low active is 5,000 to 7,499 steps per day.
Somewhat active is 7,500 to 9,999 steps per day.
Active is more than **10,000 steps** per day.

Before School or At Lunch Recess

- Morning exercise routine
- Go for a walk
- Ride your bike or scooter
- Play ball (throw, catch, kick)
- Walk the dog
- Tennis or catch against the wall
- Shoot baskets
- Run around the block
- Climb a tree
- Ninja line
- Swing
- Jump on trampoline
- Do yard work /help with chores

Balance
Active Time

vs

Seated Time

WAKE UP with Water

- Take a bath or shower
- Cool wash cloth on your face
- Take a drink

Quick Breaks

- Walk or run up/down the steps
- Run in place
- Mountain climbers, push ups
- Burpees
- Jump rope
- Chin ups/pull ups,, chin hold or hand from a bar
- DANCE Break!!!
- Stretch!
- Jump on trampoline, hot spot, mattress, bed
- Gymnastics: Do a cartwheel, headstand, handstand

Gym class routines during longer breaks

- <https://darebee.com/workouts.html>
- Black Panther Workout: <https://www.youtube.com/watch?v=9SDWARXm4mA>
- Avengers Workout: <https://www.youtube.com/watch?v=jyWyBern6q4>
- Yoga
- Upper body workouts

Resistive Activities: Build those muscles!

- Push against the wall with different body parts
- Lego blocks, pop beads, rapper snappers, squeeze tubes
- Therapy bands to pull or lifting lighter weights

AT YOUR DESK

Functional Fidgets

- Few sensory features so child can touch/handle the fidget almost unconsciously
- Smooth, with few, if any moving parts

- No Longer a SECRET

Everyday objects that can be used as fidgets

- Paper clip, rubber band, pen tops, smooth rocks

Other fidget ideas:

- small bean bag
- Bendable figures
- Wikki sticks
- Monkey fidgetz

Texture Key Ring

- Various grades of sandpaper
- fabrics such as velvet
- flannel
- corduroy
- cotton
- Hook and soft velcro

SQUEEZES for MY HANDS

- Soft Squeeze Ball
- Clay
- Thera Putty
- Play Doh
- Balloon filled with flour, corn starch, play doh, etc

Working positions: Change positions often

- Seated at a desk or table
- Standing: Place computer up at working height
- Kneeling or half kneel
- Squatting
- Half Kneeling
- Lay on your belly
- Hands and knees (All fours)
- Cross legged

Keep Your Water Bottle Close By!

Drink water throughout the day -
your brain needs it!!!

Seating Options

- Therapy ball or small playground sized ball
- Small stool
- Sit fit/disco sit
- T-stool
- Large pillow
- Partially inflated beach ball
- Squishy pillow
- Large Bean bag
- Yoga wedge
- Chair that spins/rotates

In your chair:

- Chair push ups
- Chair Moves: Move around on the stationary chair - sit backwards with seat back facing front, turn back of chair to the side, place one knee on the chair, both knees on the chair

Switch Environments/Rooms

- Move to different rooms or areas of the house during the day
- Work outside if possible or in a room with open windows or sunlight

Foods That Help Focus:

CHEWY OR RESISTIVE (For children at least 18 months and older) : Brush teeth after eating dried fruits

Fruits

- Dried Fruits (Raisins, cranberries and currants: 9 mths), cherries, dates, prunes, mango strips, papaya, apricots)
- Fruit Roll Up
- Fruit Leather
- Fruit Snacks

Proteins

- Beef Jerky
- Cheese

Carbs

- Bagels
- Granola Bars (low in sugar)
- French Fries

OTHER

- Gummi Bears
- Licorice
- Sugar Free Gum
- Simply Gum, pur gum, Marybelle's real good gunglee gum, Tree hugger gum, Spry Natural xylitol chewing gum

ORAL MOTOR GROCERY LIST

Foods to help us be alert and ready to learn

Strengthen Suck and Blow

(This can be calming and organizing)

Fruits and Vegetables
Smoothies
Apple Sauce (+ apple juice)
Orange or grapefruit wedges
Juice bar popsicles
V-8

Proteins and other
Milkshakes
Pudding (+ milk)
Jello

AWAKE and ALERT

Contain Natural Sugars

FRUITS

Peaches
Pineapple
Oranges
Strawberries
Banana

Proteins

Hard Boiled Egg
Fish
Nuts/Seeds

CRUNCHY: Foods that Wake us up because they are harder to consume, crunch engages the ears. Helpful for

Fruit/Vegetables

- Apple Slices
- Banana Chips
- Carrot sticks
- Pickles
- Red/Red peppers

Proteins

- Dried Chick Peas

Carbs

- Pretzels Sticks
- Dry Cereal
- Toast
- Corn Curls
- Granola
- Chips
- Veggie straws

Other

- Ice chips
- Dark

PACK A PUNCH ALERTING **Salty, bitter, Sour, Tart or Spicy**

Fruits/Vegetables

Olives
Dill Pickles
Kiwi
Lemon/Lime (> 8-10 mths)
Sour raisins
Grapefruit
Grapefruit, cranberry juice or lemonade

Carbs

Flavored Chips (sour cream, BBQ, etc)
Cheese Curls
Doritos (FLavored)

Sources:

www.zonein.ca: Suzanne Wilkinson, OTR/L

LiveStrong.com

<https://www.hellomotherhood.com/article/97856-foods-toddlers-sleep/>

babycenter.com

BED TIME: Avoid Sweet/sugary foods

Calm Down

- Hummus
- Thinly spread PB on crackers
- Scrambled Egg
- Tofu yogurt
- Whole wheat bread
- Oats/ Oatmeal

Calcium Rich

- Chopped banana
- Cottage Cheese
- Low sugar yogurt
- Slice of cheese
- Glass of milk
- Wheat crackers

Other Considerations for the Mouth

Other ideas:

- Chap stick
- Lollipops (encourage tongue movements- drink some water afterwards)
- Suck from Straws: vary type of straw and the thickness of the drink
- Cold items: popsicles, ice, very cold drinks
- Strong tastes (sour, slightly spicy)

Things to Chew

- Chew tube
- Chewelry
- Chew necklaces
- Pencil toppers that are safe to chew https://www.arktherapeutic.com/pencil-topper-chews/?gclid=EA1aIQobChMIutuZn5Hn6wIVCY_ICh0SfAltE_AAYASAAEgIsa_D_BwE
- Gum

Drinks:

- ✓ Applesauce, pudding or milkshakes through a straw (Thicker drinks require more work. More work = increased resistance= calming)
- ✓ Crazy Straws, thick, thin, short, long straws
- ✓ Sports bottle may also be helpful to keep and maintain a state of arousal along with other “resistive suck” activities.

For the Eyes and Ears

For the EYES:

Give your eyes a break:

20-20-20 (after 20 minutes, take a 20 second break and look/focus on something 20 feet away)

For the Ears:

Consider headphones to help focus and concentrate and to keep out background noise

CLOTHING OPTIONS

For a Squeeze:

- Lycra
- Long Underwear
- Under Armour
- Rash guard (tight fitting)
- Leotard – short or long sleeve
- Tights
- Compression Vest
- Arm sleeves

Things on ME

- soft, high textured clothing,
- touch hair
- child friendly bracelets

Slow, rhythmic movement tends to be calming

Calm, Quiet voice, sounds or whispers tend to be calming

CALMING and ORGANIZING

Heavy work, goal directed movement and relaxation

CALMING ACTIVITIES

IF your child's engine is running on HIGH with lots of energy.... These are some things that can help to calm or slow the engine so that he/she can focus more

Textures around the house or outside

- Pet an animal or stuffed animal
- hold stuffed animal or pillow
- ball pit

Take a Breath
Breathing exercises,
Hoberman sphere

ADD SOME WEIGHT

- Weighted vest
- Weighted backpack
- Weighted lap rest
- Weighted blanket or heavier covers (child must be over 2 and able to independently remove covers)
- Weighted stuffed animals, Weighted snake that can be draped over the shoulders
- Heavy shoes
- Wrist or ankle weights

Let's Build and Play

- Obstacle courses (Floor is Lava)
- Crawl through a tunnel or a fort
- Make a house from cardboard boxes, crawl in/out/ draw
- Pounding/hammering (golf tees into styrofoam)

FUN with Grown Ups

- Wheelbarrow walks
- Swing me in a blanket (Slow and rhythmic)

HOUSEHOLD CHORES:

- Laundry (Push laundry basket of clothes, clothes in/out of washer or dryer)
- Yard work (shovel snow, rake leaves)
- Gardening (pull weeds, dig in the dirt)
- Cleaning (washing windows – spray then wipe, vacuum, sweep the floor)
- Cleaning up heavier books, place on shelf
- Take out garbage or recycling
- Help move furniture
- Set up and clean up meals
- Wiping off tables (spray with spray bottle and wipe)
- Put dishes in the sink
- Wash dishes
- Bring in groceries
- Water plants (Watering can or hose)

I NEED A BREAK

Calm Down Box:

- Compile a box of items that are generally calming (items to squeeze, sensory bottle, something to chew, etc)

Places to Hang out

- Hideouts: (Provide heavy blankets, pillows in a small place)
- Tents
- Large cardboard boxes for a fort
- Reading area with books and a bean bag or comfy blankets/pillows
- Seated in a laundry basket with blankets

- Take a movement break
- Go to a different Room or go outside for a bit

YOGA for Kids

- Animal walks
- Imitate animal poses
- Stretching
- Relaxing on a mat
- Deep breathing

Brain Gym Exercises

Vibration

- Vibrating pillow
- Vibrating snake
- Massager toy
- Vibrating toothbrush