

Alerting Activities



1. Seated Bounces



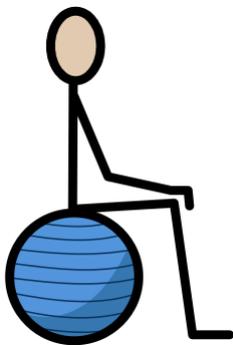
2. Upside Down



3. Ball Hugs



4. Ball Push Ups



5. Balance



6. Star Jumps

Alerting Activities



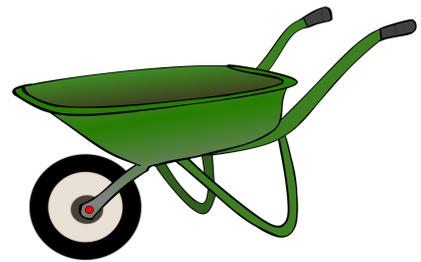
7. Skipping



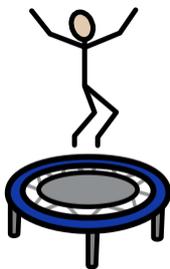
8. Jumping



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



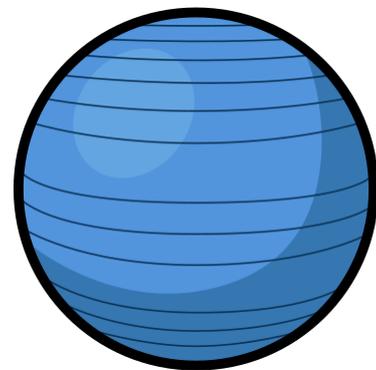
3. Ball Games



4. Sorting



5. Follow the Trail

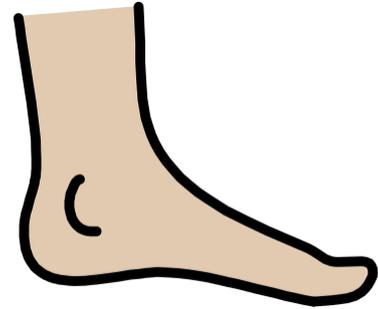


6. Ball to Toes

Organising Activities



7. Gym Ball + Cones



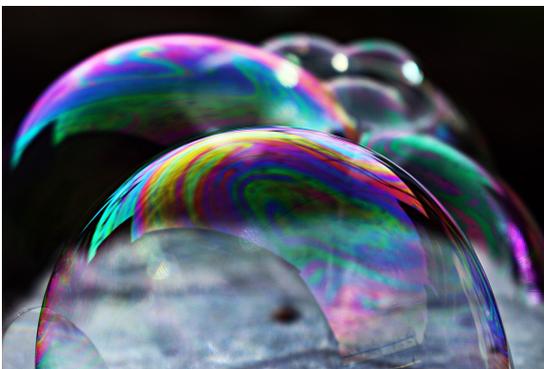
8. Foot Passes



9. Lego



10. Bean Bag
Balancing

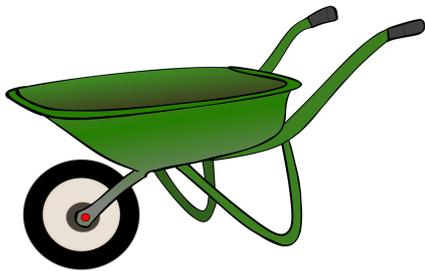


11. Bubbles

12

12. Balloon Game

Organising Activities



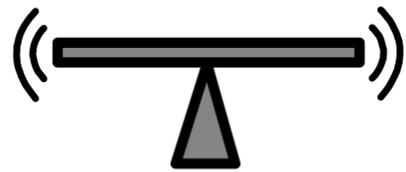
13. Wheelbarrow Walking



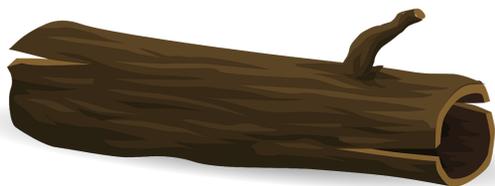
14. Threading/ Sorting



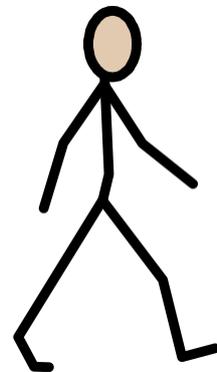
15. Play-Doh



16. Balancing



17. Log Roll

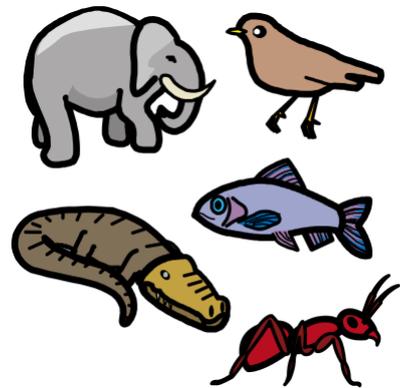


18. Infinity Walk

Calming Activities



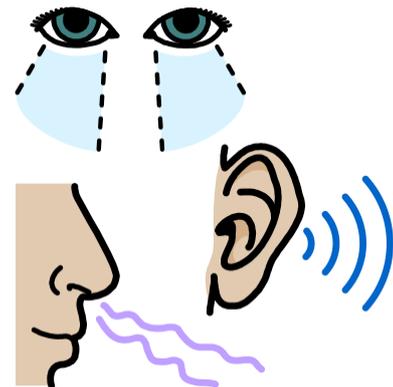
1. Yoga



2. Animal Yoga



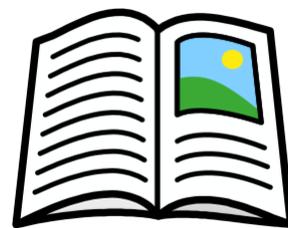
3. Ball Squashing



4. Sensory Bins

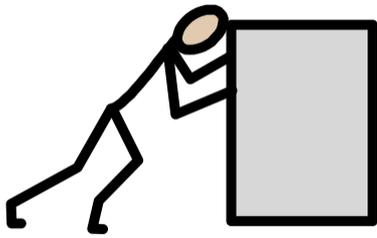


5. Bubbles



6. Weighted
Blanket + Story

Calming Activities



7. Wall Pushes



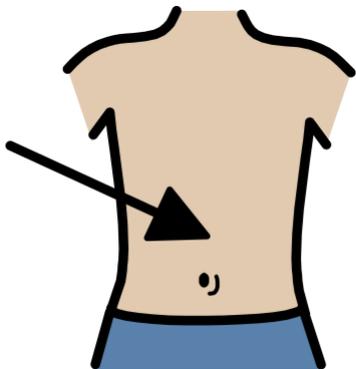
8. Comando Crawling



9. Push/Pull



10. Therapy Band

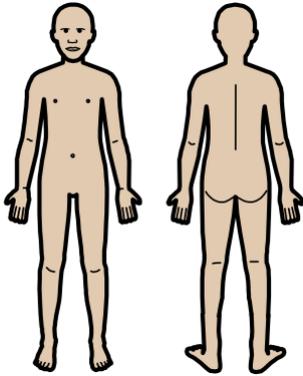


11. Tummy



12. Pilates

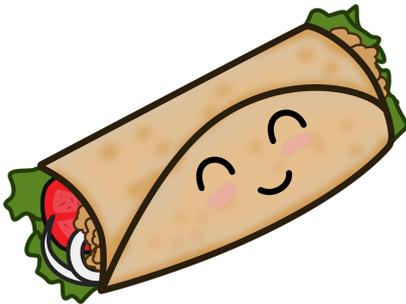
Calming Activities



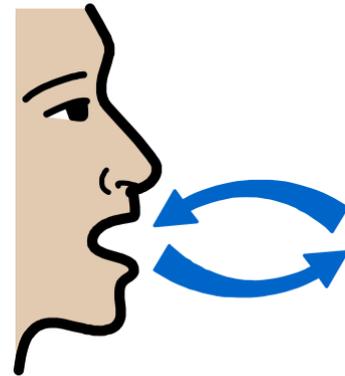
13. Body Outline



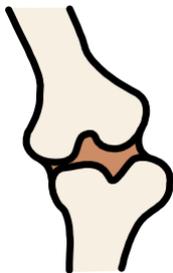
14. Hand/Feed Massage



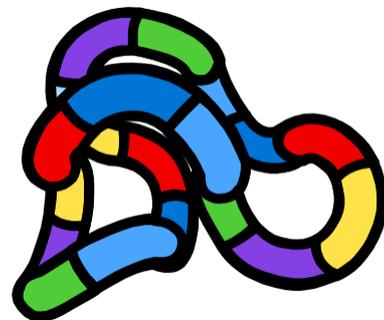
15. Burrito Roll



16. Breathing



17. Joint
Compressions



18. Fidget Toys