

Wakes My Body Up

Movement Break



Wakes My Body Up

Blowing Bubbles



Wakes My Body Up

Upbeat Music



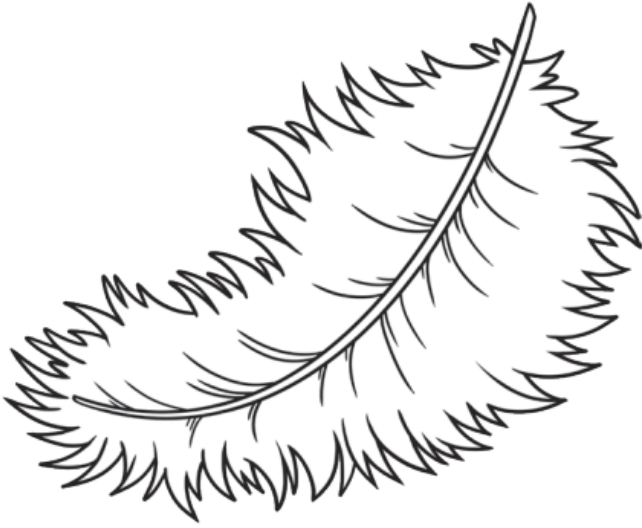
Wakes My Body Up

Sensory Toys



Wakes My Body Up

Feather Touch



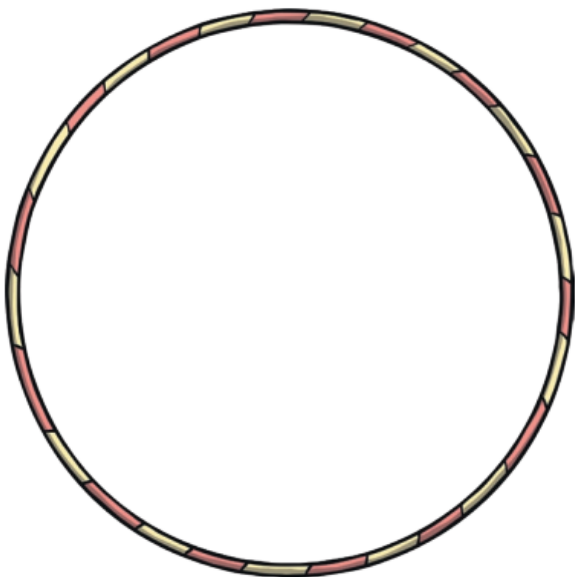
Wakes My Body Up

Trampoline



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Hula-hooping



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Skipping



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Jumping



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Climbing



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Singing



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Hopping



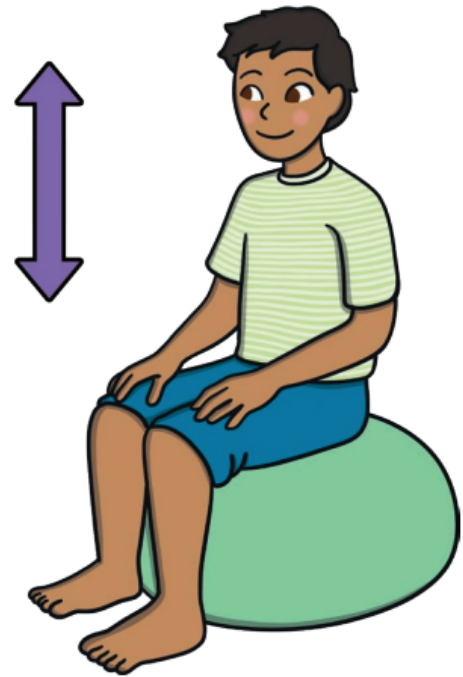
Wakes My Body Up

Ball Games



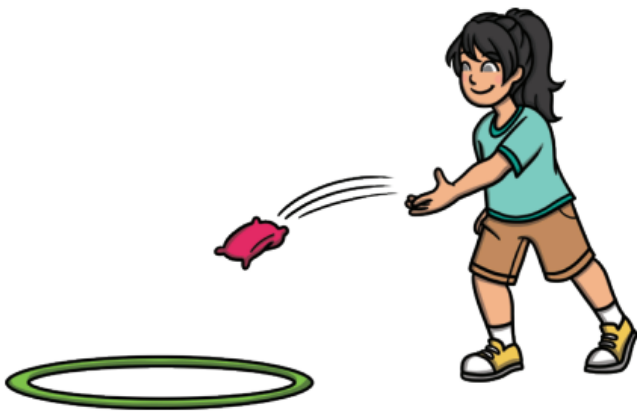
Wakes My Body Up

Bouncing



Organises My Body and Brain

Throw a bean bag into a hoop.



Organises My Body and Brain

Dribble a ball in and out of cones.



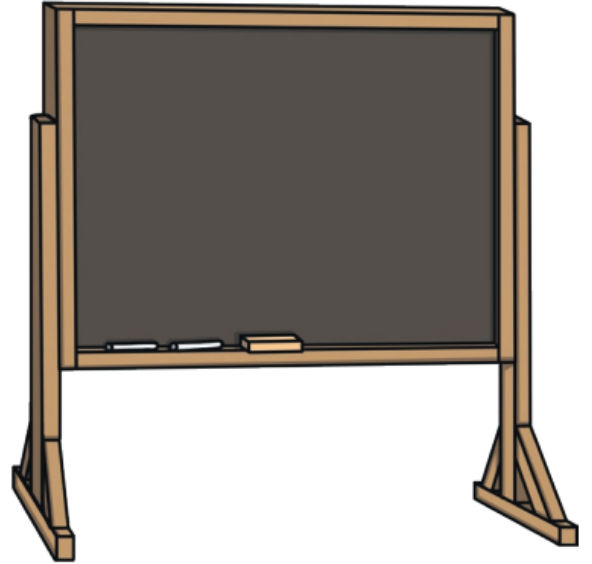
Organises My Body and Brain

Make something out of building bricks.



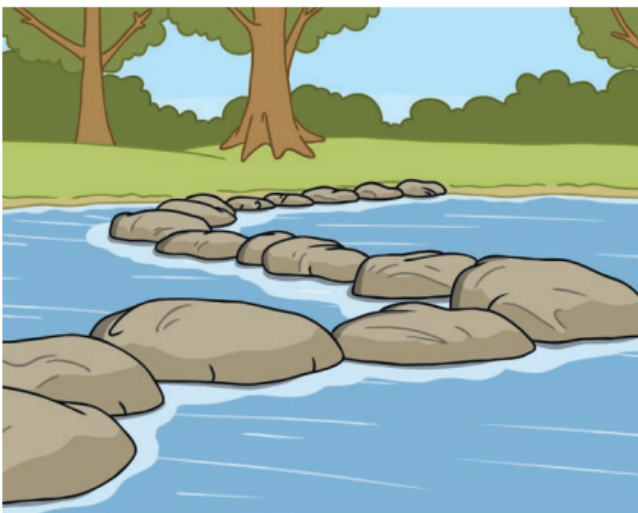
Organises My Body and Brain

Draw or play a game on a whiteboard or chalkboard.



Organises My Body and Brain

Pretend to walk on stepping stones.



Organises My Body and Brain

Pat your head and rub your tummy.



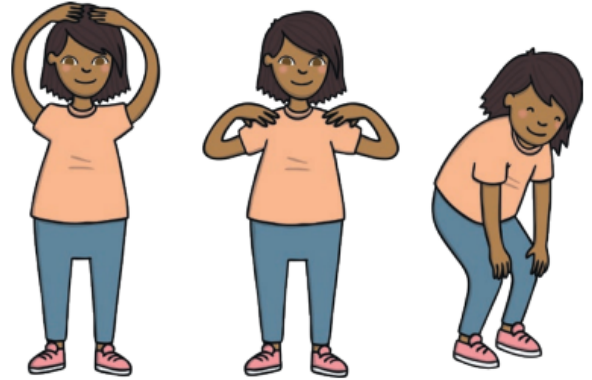
Organises My Body and Brain

Throw and catch a beanbag.



Organises My Body and Brain

Touch your head, shoulders, knees and toes.



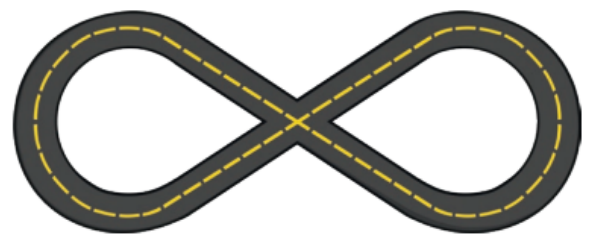
Organises My Body and Brain

Do a log roll with arms stretched above your head and hands together.



Organises My Body and Brain

Walk in a figure of eight around two chairs. Do it again with your eyes closed.



Organises My Body and Brain

Balance walk along a line.



Organises My Body and Brain

Throw a beanbag into a box.



Calms My Body Down

Relaxing Music



Calms My Body Down

Weighted Blanket



Calms My Body Down

Giving yourself a hug and a squeeze.



Calms My Body Down

Gentle Swinging



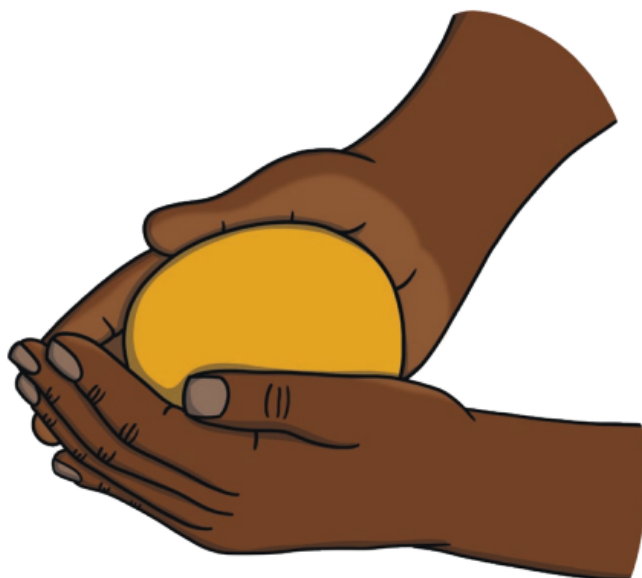
Calms My Body Down

Gentle Rocking



Calms My Body Down

Modelling Dough



Calms My Body Down

Resistance Band



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Calms My Body Down

Push-ups



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Quiet Area



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Yoga



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Calms My Body Down

Deep Breaths



Calms My Body Down

Hand Massage



Calms My Body Down

Cuddle a Toy



Calms My Body Down

Go Outside



Calms My Body Down

Drawing

