

## B6-Alerting activities

Activity	Equipment	Duration	Notes
Eating a crunchy snack	Healthy food snack – carrots and celery sticks, granola bar, etc	2-5 minutes before an academic task	Check allergies and special diet with parents
Rotational spinning	Standing on a carpet square, laying on front on an office chair or use a scooter board	5 minutes: changing direction so you don't become dizzy	Use with caution if symptoms of epilepsy are present
Playground equipment	See-saw, climbing gym, monkey bars, swings, etc	As tolerated	
Fidget Box	Small items: squishy ball, theraputty, pipe cleaners, pegs etc.	5 minutes before sitting task or for first 5 minutes of sitting tasks if not distracted	
Hand/finger play	Music: hand songs	5 minutes before fine motor tasks	
Balloon tennis	a balloon	As attention allows to bat back and forth with a partner or against the wall	
Running in place	Carpet squares, slow and fast music	5-10 minutes	Also introduce other gross motor tasks – jumping or hopping on spot, etc
Jumping and stretching	Mini trampette	Short bursts: count to 10 jumps then stop and alternate with another activity	
Hopscotch Alternate between jumping and hopping	Chalk to draw outline		good for bilateral coordination teaching right and left sides of body
Bubble wrap to jumping on or playing twister	Bubble wrap sheet with simple coloured shapes stuck on to it as twister game – and instruct to tread on the red square, etc		As above
Fast paced action songs	Eg, Heads & Shoulders, hokey pokey, musical statues, etc		