

Patterned and repetitive

- Vacuum, sweep, shovel or rake
- Wash tables/ windows
- Toss bean bag back and forth, increase distance as you play
- Wall push ups/ floor push ups
- Hop scotch
- Stilt walkers
- Sharpen pencils with manual sharpener
- Squat down to floor and up again
- Power walk or march
- Sit in chair, alternate legs as if running while seated
- Hula hoop; jump to multiple hoops placed on floor
- Hike uphill
- Ride bike/trike
- Run around track or gym
- Bounce on trampoline Jumping jacks
- Play balloon volleyball
- Do "animal" walks-i.e. bear, seal, crab, bunny, frog
- Jump rope
- Run, march, jump, skip around room
- Play Ping pong
- Swing
- Dance with music
- Dribble basketball
- Pull or stretch theraband
- Jump while in a pillowcase

Heavy work / Large muscle movement

- Rearrange room furniture
- Wear weighted vests, belt, ankle or wrist weights
- Wear backpack with books in it
- Fill milk crate with books and carry to different place
- Pilates rolling like a ball, sit-ups
- Jump on colored dots-person calls out which color
- Push/ move boxes
- Carry books
- Climb on monkey bars
- Help empty wastebaskets

- Pull other child or heavy object around on a sheet
- Play in sand box with damp, heavy sand
- Open doors for person-push/pull
- YogaKids DVD
- Play tug-of-war with a blanket
- Lay on floor and roll a tennis ball into an empty trash can or bucket
- Stack chairs
- Challenge to balance on one foot-can add other movements
- Hold balloon between each other on certain body part then walk
- Staple paper into bulletin board
- Jump over jump rope on floor or walk it-make different patterns
- Carry laundry baskets
- Scooter pull in hallway: sits on scooter holding long tug of war rope (20 ft) and child pulls himself along rope toward adult who is anchor
- Carry full tote bag/ backpack
- Push against wall
- Make a toilet paper barricade for child to go under, over, or through
- Walk on a balance beam- use a 2x4 placed on the ground
- Do the Hokey Pokey
- Long distance jump
- Jump into a bean bag
- Toss Bean bags into a Bucket
- Sitting on floor-legs straight in front-facing adult sitting same way-feet of child and adult need to be touching-using towel play row row your boat pulling on towel moving back and forth and sing song together
- Pulling a loaded wagon inside school to be a delivery person
- Water bottle bowling
- Red Light, Green Light / Freeze Tag
- Simon Says/Mother May I?
- Follow the Leader
- Obstacle Course
- Paper basketball

Structured/Focusing

- Shape sorting (foam or construction shapes, sort into ziplocks)
- Puzzles
- Balance bean bag on body part and walk to location
- Toss ball/balloon at target i.e. through person's arms as a hoop
- Play the matching game with a deck of cards
- Glue shapes onto paper
Act out a story from a book
- Make a domino chain
- String beads
- Patterning (strip of paper, start the pattern - child finishes)
- Sort coins, count coins in piggy bank
- Stacking of boxes, blocks
- Color by number
- Coloring book
- Blow Bubbles
- Free color
- Transfer rice from one bowl to another
- "Fishing" with yard stick, yarn and paper clip hook
- Stuff envelopes
- Horseshoe game
- Folder activities (sequencing games, word search-picture finds, I Spy books)
- Uno
- Jenga
- Walk

Nurturing

- Read book
- Pet-assisted therapy-grooming, fetch etc.
- Back rub
- Hand massage with lotion
- Walk holding hands
- Let child decorate and eat an open peanut butter sandwich
- Make a super-hero costume out of household items

- Mirror each other
- Use disconnected phone to pretend to make phone calls to safe adult in child's life to "talk it out"
- Draw with chalk on the sidewalk
- Sketch an outline of child on the sidewalk or paper with chalk
Paint child's palms with tempura paint and blot on paper
- Sing a song
- Ring around the rosie
- I spy
- Record each other on a tape recorder
- Go on a hunt for an object in the classroom
- Make sock or paper puppets - put on puppet show to take about feelings
- Put snacks in different fun containers (paper sacks, empty canisters, etc.)
- Make and try on paper hats
- Give a piggy back ride
- Plant a flower or vegetable plant together
- Feed snack
- Take a nap
- Mother May I
- Play Hide and Seek
- Hurts assessment and band aids application
- Make a "fort" or safe space
- Collect rocks in a basket
- Classroom handshake with sequence of three movements i.e. shake-hi five-thumb hug
- Sit in front of mirror together and mirror body movements
- Sit in front of mirror and mirror facial movements
- Rocking chair time with an adult reading books
- Go for walk-deliver something to the office and greet everyone with a smile and handshake

Sensory

- Dry sand
- Play a musical instrument together- i.e. recorder, piano, etc
- Scrub rough surfaces with a brush
- Make a child "sandwich" with blankets and bean bags placed under and over him
- Bear hugs
- Model Magic/ Play dough
- Dry rice
- Dig in dirt or sand
- Feather tickles
- Warm or cold washcloth
- Roll child up in a blanket like a taco
- Sensory table with bucket and different stuff in them
- Music-relaxation CD's, white noise machine
- Fidget with koosh balls
- Swing to lullaby music-can have two adults swing in blanket
- Sticky tape art
- Clapping games to have him match the sequence/rhythm-up to three sequences-example: clap hands of self-double hi five with partner-clap hands over head-start over
- Drink milkshake through straw
- Squeeze clothespins on cardboard
- Place straws into holes in a canister
- Squeeze squishy or stress ball
- Tape walk on floor(duct tape, masking tape, whatever is allowed)-heel to toe-10-12 feet-turn around and go back-try sideways-try backwards
- Building with simple large legos
- Draw with sidewalk chalk
- Blow bubbles, break with a specified body part
- Pick a way to walk across a room, person follows
- Smell calming scents-scented - markers/pens, lavender sachet, scented oils
- Finger Paint
- Dim lights, close blinds
- Shaving cream on large cookie sheet- sideways figure eight-may need hand over hand guidance from adult to get pattern down but this can count towards receiving touch-go slow to make 10-15 repetitions-set the timer for three minutes. Fade hand-over-hand over time
- Finger painting at an easel with music
- Deep breathing-can mimic a balloon
- Tie theraband to front legs of chair or desk that he can kick while seated
- Mix something in a bowl i.e. cookie dough Find beads hidden in playdoh
- String beads
- Calming soft materials/animals
- Play kazoo, harmonica, drums, other musical instruments
- Color simple color sheets while laying on tummy
- Listen to music (can add music to any of these activities)
- Roll ball over body i.e. exercise ball or other rubber ball
- Wrap in blanket i.e. like a burrito
- Blow feather or balloon to certain location
- Drumming on pots/pans/plastic buckets/coffee cans or containers
- Body Sox
- Step on bubble wrap
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