

Gross Motor exercises, Vestibular activities and Proprioceptive (body awareness) activities

- Hand clapping games
- Jumping - Trampoline exercises, floor, hopscotch
- Hiding under pillows
- Tug of war
- Wheelbarrow walk
- Climbing equipment
- Sitting on blanket being dragged
- Animal walks - crab walk, bear walk, frog jump, bunny hop, army crawl
- Tickle
- Pushing against objects – ball, wall
- Isometrics – leaning against wall, table or chair, palm presses
- Pillow fights
- Exercises – push ups, squats, jumping jacks, marching on the spot,
- Keeping the beat – copying simple rhythm with hands on floor or desk or together
- Crawling – through tunnels
- Carrying books in a line (weight)
- Running
- Blowing bubbles
- Deep pressure – rub on shoulders / back / legs / feet / hands / arms, hugs
- Chair based activities – hand pushes, hand pulls, stress ball
- Peanut ball
- Throwing /catching a ball
- ‘Hot dog’ – rolled in blanket
- Mat – lie on mat ,other mat on top of student
- Kicking – balls
- Squeezing – stress ball, play dough, putty
- Rolling on belly over ball
- Yoga poses – see cards, display
- Water play
- Sand

- Balances
- Sit and spin

Points to remember –

Activities in which the student is actively engaged are more effective than passive input provided by an adult.

Input to the muscles and joints is regulating – it can be both calming and alerting.