

I Can Calm Down

CHOOSE AN ACTIVITY

Bouncing Balls
Bean Bags
Books
Bottle of Blowing Bubbles
Bubble Wrap
Coloring Pages
Drawing
Etch-A-Sketch
Eye Mask
Finger Paints
Four Square Breathing
Hour Glass
Kaleidoscope
Legos
Magnadoodle
Mandalas for Coloring
Noise Cancelling Headphones
Origami

Painting
Personalized Photo Album
Picture Books
Pinwheels
Play Doh
Puzzles
Relaxing Music
Resistance Bands
Rubiks Cube
Scratch and Sniff Stickers
Silk Scarves
Spinning Top
Squishy Balls
Swing
Unifix Cubes
Weighted Lap Cushion
or blanket
Wobble Chair
Yoga Ball

I Can Calm Down Movement Activities

M O V E R H Y T H M I C A L L Y S L O W L Y

Bouncy Bands

Bounce a ball off a wall

Cognibags

Cognitap

Body Percussion

Drum on a yoga ball

Drumming Patterns

Hum

Rhythmic Ball Bouncing

Repetitive movement in 3/4 time (waltz, lunge, sway, rock)

Simple Ballet Patterns

Swaddle

Sway

Swing

Think-Ups

M Y C A L M - M O T I O N T O O L S

I Can Rev-Up

CREATE PATTERNS & SEQUENCES

Brain Primers (Kuczala & Kenney, 2020)

Cognibags

Cognitap

Cognitap Spots

Dance Rhythmically to Music with a strong beat

Jump on a mini-trampoline

Jump rope

Rhythmic Ball Bouncing (4/4 time vary tempo and patterns)

Mixed Physical Activities (combine 2-3 in a sequence doing each action for 8 counts, repeat 2-3 times)

Burpees

High-Heels

High-Knees

Inchworms

Jumping jacks

Push-ups

Run in place

Russian twists

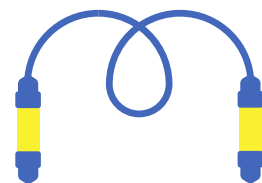
Squat-jacks

Squats

Star Jumps

Tricep Dips

Think-Ups



MY REV-UP TOOLS

Hmmm
mm...

