

*(Organising)*

## Log Roll



1. Lie on back
2. Place arms outstretched above head with legs straight.
3. Twist to roll over onto stomach in either direction.

Try:



Roll across the floor to one end of the room

*(Organising)*

## Stepping Stones



*(Organising)*

## Simon Says



Keep it simple with just one action to copy at a time and no spoken instruction. Progress to increasing the length of the sequence; involve 2 hands e.g. 1 hand on head and the other on the knee

Example commands: Jump up and down, stand on one foot, stamp your feet, do a twirl, march on the spot, freeze like a statue



*(Organising)*

## Balance – walk along a line

-  Tip toes
-  Heel to toe



*(Organising)*

## **Balance – Stand on one foot**



*(Organising)*

## **Throw to a target**



*(Organising)*

**Walk along a gym bench or  
balance beam**



*(Organising)*

**Commando crawling**



*(Organising)*

### **Prone position**

**Hand walkout pick up bean bag  
and throw to a target**



*(Organising)*

### **Walk backwards along a line**

**heel to toe**






*(Alerting)*

## Jog on the spot

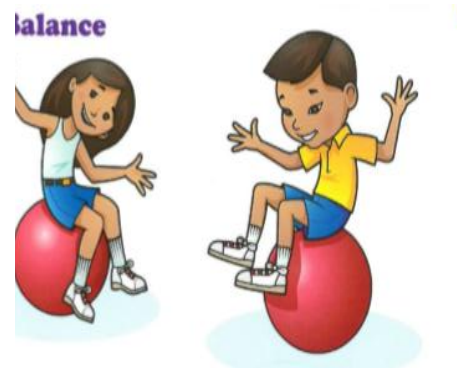


Try:

-  Jogging on the spot without stopping for allotted time
-  Go at different speeds
-  Lift knees high


*(Alerting)*

## Ball Bounce



Sit on the ball, feet firmly on the floor

Try:

-  Throw and catch on the ball



*(Alerting)*

## **Jumping Jacks**






(Model this activity for the children as some will find this very challenging).



*(Alerting)*

## **Animal Walks**



-  Bunny hops – crouch down and spring up
-  Kangaroo – jump two feet together
-  Snake – on tummy and commando crawl
-  Bear – crawl on all-fours
-  Be different types of dinosaurs



*(Alerting)*

**Kick like a donkey**



*(Alerting)*

**Jump up and Down**



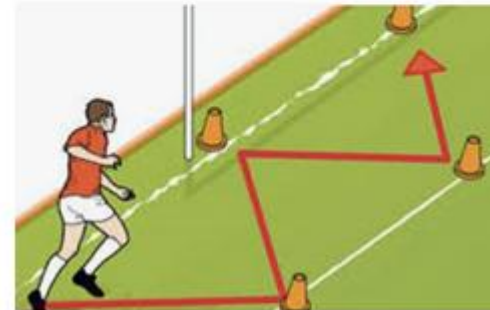
*(Alerting)*

## **Jump from Side to Side**



*(Alerting)*

## **Cone to Cone**



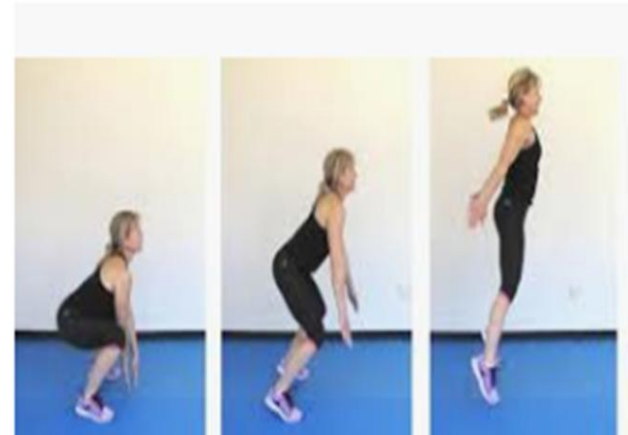
*(Alerting)*

**Kick like a donkey**



*(Alerting)*

**Frog Jumps**



*(Alerting)*

## Jumping through hoops



*(Alerting)*

## High Knees



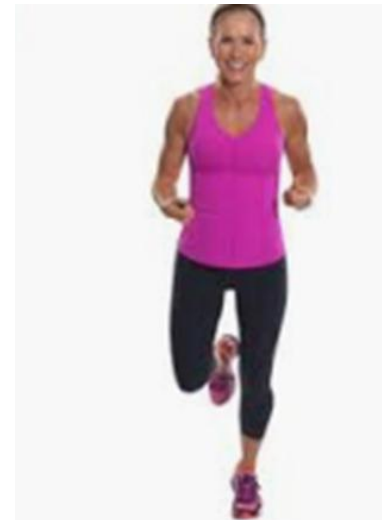
*(Alerting)*

## **Skipping**



*(Alerting)*

## **Run a lap of the hall**

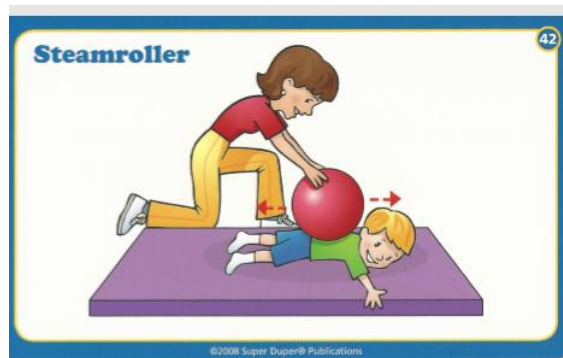


How To Do Jogging In Place

*(Calming)*



## Ball Squash

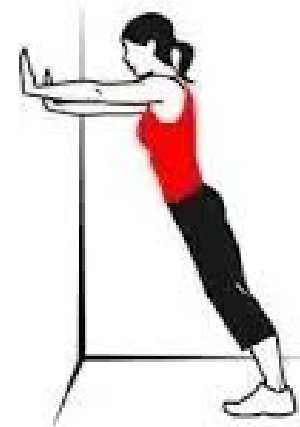
1. Take off shoes.
2. Lie on tummy on a mat/carpet.
3. Roll therapy ball over you, starting at the top of back all the way down to toes.
4. Repeat. Never roll the head.



*(Calming)*

## Wall Presses

-  Try to push the wall over
-  Try clapping in between presses





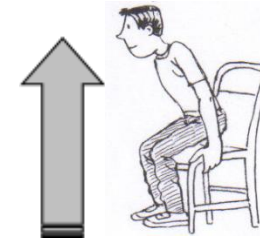
*(Calming)*

## **Crawl on Belly**



*(Calming)*

## **Chair Push Ups**





*(Calming)*

## **Bridge**



*(Calming)*

## **Yoga pose**

### **Childs Pose**



*(Calming)*

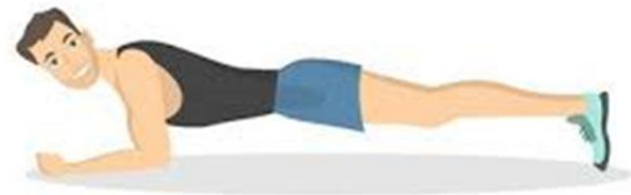
## **Yoga Pose**

### **Downward Dog**



*(Calming)*

## **Plank**



*(Calming)*

## **Superman**



*(Calming)*

## **Seal position**





*(Calming)*

**Curl up into a ball**



*(Calming)*

**Give yourself a hug**

