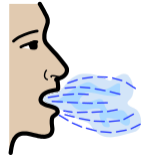


Sensory breaks

Calming



Deep breath



Blowing



Foot stomp



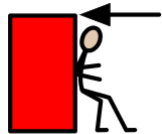
Animal walk



Wall push



Wall sit



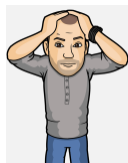
Down dog



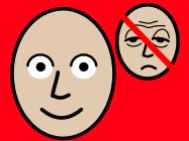
Squeeze



Head press



Alerting



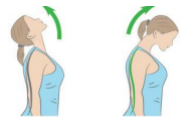
Seat bounce



Seat twists



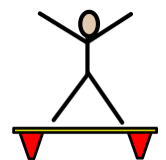
Head
up/down



Arm swing



Star jump



Jumping



Jogging



Twist



Always finish with a
calming exercise