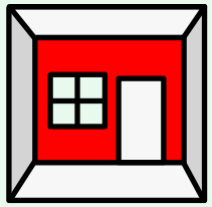
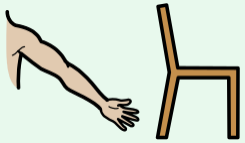


blowing bubbles



wall pushes



arm dips on chair



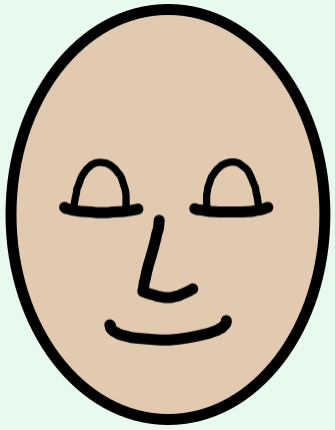
slow, mindful walks



building blocks



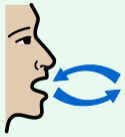
bead stringing



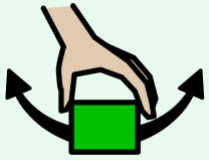
calming



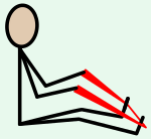
quiet time/ den



deep breathing



using a chew



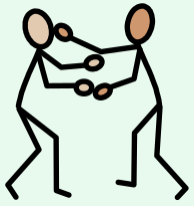
resistance band



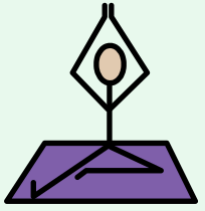
sit on beanbag



tight hugs



fidget box



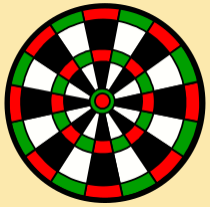
yoga

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simon says

throw into a hoop

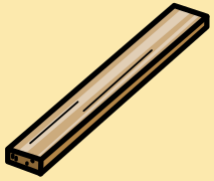


hit the target

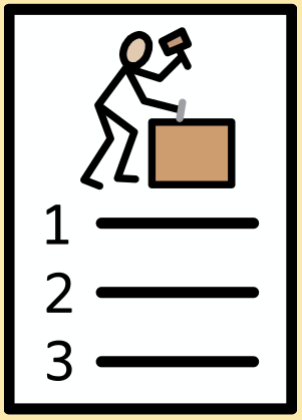
commando crawl



throw and catch a ball



plank



Organising



head, shoulders, knees and toes



sitting on a ball



obstacle courses



spinning plate



balance board wheels



balancing activities



use the equipment outside



Teddy bear roll

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marching

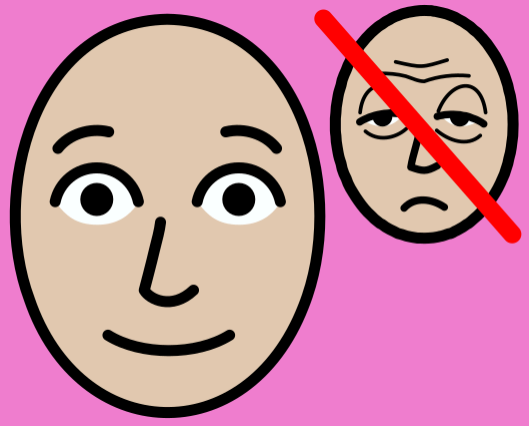
outside walk

trampoline

bounce on ball

star jumps

rocking chair



Alerting

wake and shake

skipping rope

carry books

running fast

press hands and feet together

wheelbarrow walks

stand with arms and legs wide

push out in the door frame

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