Buckinghamshire Healthcare NHS Trust



Alerting activities



With Equipment	Without Equipment
Step ups	Running
Sit and bounce on gym ball	Marching
Roll over gym or peanut ball	Head, Shoulder, Knees and toes
Trampette	Star Jumps
Scooter board	Wall Pushes
Skipping rope	Side wall pushes
Tug of war	Spinning
Space hopper	Animal walks
Stepping stones	Wheelbarrow walks
Jump across the coloured spots	Hopscotch
Jump in and out of hoops	Skipping
Play catch	Dancing
Balloon tennis	Lunges
Swinging	Donkey Kicks
Climbing	Jumping







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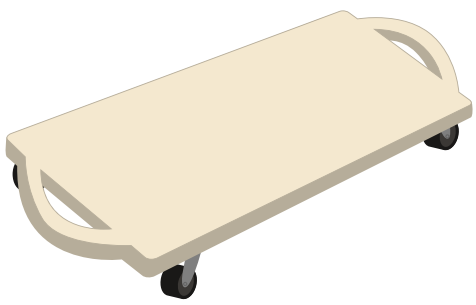


Organising activities

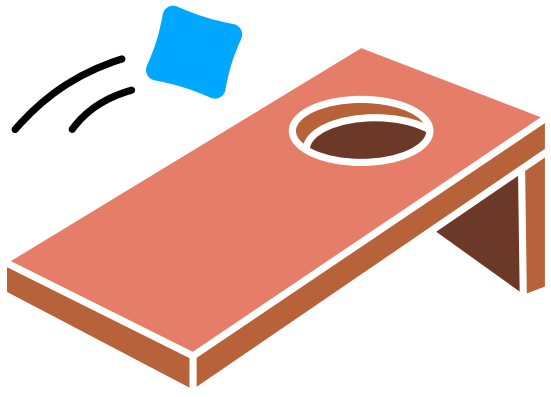




With Equipment	Without Equipment
Scooter board	Simon says
Roll over gym ball and complete puzzle/ sorting activity	Commando crawl
Throw beanbags/balls at target	Copy me game
Stand on a wobble board	Walk along a line on the floor
Pull self along a bench	Hopscotch
Play catch	Crawl under chairs and tables
Balance beam	Follow the leader
Using tongs to sort items	Hokey cokey
Weaving around cones	Finding objects around the room
Stepping stones	Climbing on playground equipment
Using feet or hands to roll gym ball up and down wall	Yoga poses
Hola hoop	Animal walks







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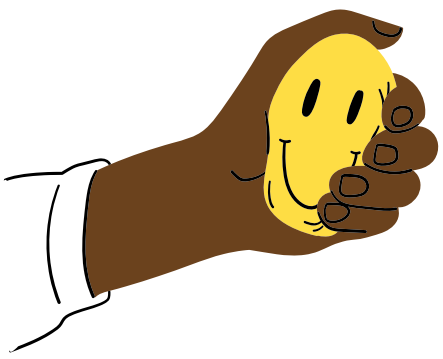
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Calming activities



With Equipment	Without Equipment
Rolling a gym ball over back and limbs	Planks
Roll a small, weighted ball over legs and arms	Push ups
Bean bag squashes	Holding a heavy books or backpack
Squeeze or hug a big cushion / beanbag	Give yourself a squeeze
Weighted blanket	Deep pressure hand massage
Listen to music	Yoga poses
Body sock	Read a book
Crawling through a tunnel	Breathing Techniques
Wall bar hanging	Wall Pushes
Wrap inside a blanket	Stretches
Reading in a beanbag	Press hands together or push hands down on head
Stretch an exercise band	Self-massage
Squeezing putty or playdough	Lie on stomach to complete a puzzle/activity



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