

# Alerting / Awakening Activities Menu

If a child has SLOTH LIKE periods in the day and appears 'disengaged', not listening, tired, 'low', leans over desk he/she may need to be aroused using alerting or brain awakening activities. Choose as many as you need to make up 5 minutes of sensory break time in school or to alert the child before school or homework.

- ✚ Taking a walk in fresh air
- ✚ Having a drink of cold water (Sezler or fizzy water works well – Add a little orange juice for taste)
- ✚ Sucking a sour candy (e.g. Tangtastics)
- ✚ Jumping Jacks
- ✚ Running on the spot
- ✚ Hopping up and down the corridor
- ✚ Jumping up to touch the wall as high as possible
- ✚ Bouncing on a therapy ball
- ✚ Skipping with a skipping rope
- ✚ Bounce on a space hopper up and down the hallway
- ✚ Jumping on the trampoline (But be careful to not OVER AROUSE the child)

