

# Seeking Activities Menu

If a child is seeking out excessive proprioceptive input, they are looking for a way to calm and organize their nervous system. They may seem disruptive, full of excessive energy, or it may even look like misbehaviour. These are the crashers, jumpers, movers & chewers/biters.

Examples of red activity brain settlers are:

**Whole body** actions involving intense pushing, pulling, lifting, playing and moving.

**Oral** actions such as chewing, sucking and blowing.

**Hands** for squeezing, pinching or fidgeting

It is also important to note **which activities settle the child, arouse them, or over arouse** them. For example, jumping on a trampoline may settle one “red” child but it may possibly over arouse another “red” child.

Choose activities THEY are interested in if possible.

## Oral (mouth) Activity List

- Chewy foods such as dried fruit, gummi bears/worms etc, bagels.
- Resistive sucking using items such as through thin curly straws/sports bottle with long straw, lollipops, hard candies.
- Blowing activities, such as wind instruments, bubbles, balloons, whistles.

# Seeking Activities Menu

## Whole Body Activity List

- Stretchy rubber exercises
- Pulling/pushing a wash basket full of books up and down the corridor
- Painting outside walls with water and large paint brush
- Draw pictures with chunky chalk
- Wall pushes and sitting chair push ups
- Crash landing onto an oversized beanbag in the sensory room
- Pounding run x 5 mins around school/home
- Ball roll on back
- Planks
- Seated squats with back against the wall
- Feel the burn exercise
- Hug and breathe before going back to classroom

