

# CHANGING HOW ALERT YOU FEEL

## Take 5!



### 1. PUT SOMETHING IN YOUR MOUTH!

<p><b>FOOD - FOR TASTE AND TEXTURE</b></p> <p>Alerting</p> <ul style="list-style-type: none"> <li>• Cold</li> <li>• Sour/tart</li> <li>• Spicy</li> <li>• Minty</li> <li>• Crunchy</li> </ul> <p>Calming</p> <ul style="list-style-type: none"> <li>• Warm</li> <li>• Smooth</li> <li>• Sweet</li> </ul>	<p><b>NON-FOOD ITEMS - TO CHEW</b></p> <ul style="list-style-type: none"> <li>• Rubber tubing or commercially available chew toys</li> <li>• Straws</li> <li>• Gum</li> </ul>
<p><b>FOOD - FOR "HEAVY WORK" OF CHEWING</b></p> <ul style="list-style-type: none"> <li>• Licorice, Gummy Bears, other chewy candy</li> <li>• Dried fruit, fruit roll-ups</li> <li>• Bagels</li> <li>• Beef Jerky</li> </ul> <p><i>*Chewing and biting can either alert or calm</i></p>	<p><b>NON-FOOD ITEMS - TO SUCK/BLOW</b></p> <ul style="list-style-type: none"> <li>• Kazoos, musical instruments</li> <li>• Party blowers</li> <li>• Whistles</li> <li>• Straws to transport light objects (cotton balls, small pieces of paper) for recreational and academic activities</li> </ul>
<p><b>FOOD - FOR SUCKING</b></p> <ul style="list-style-type: none"> <li>• Hard candy</li> <li>• Citrus fruit wedges</li> <li>• Lollipops</li> <li>• Using a straw (sucking up thick substances like yogurt or Jell-O takes more work)</li> </ul>	<p><b>"MOUTH" ACTIVITIES THAT REQUIRE NO OBJECTS</b></p> <ul style="list-style-type: none"> <li>• Singing</li> <li>• Humming</li> <li>• Whistling</li> <li>• Breathing exercises</li> </ul>



### 2. MOVE!

<p><b>HEAVY WORK ACTIVITIES</b></p> <ul style="list-style-type: none"> <li>• See attached list</li> </ul> <p><i>*Heavy work is effective when engines are running high or low, so it is a good place to start</i></p>	<p><b>UPSIDE DOWN ACTIVITIES</b></p> <ul style="list-style-type: none"> <li>• Hanging on bars at recess</li> <li>• Wheelbarrow walking</li> <li>• Lying over a therapy ball</li> <li>• Singing songs with upside down movements such as "Heads, Shoulders, Knees and Toes"</li> </ul>
---	---

<p><b>UP AND DOWN ACTIVITIES</b></p> <ul style="list-style-type: none"> <li>• Jumping <ul style="list-style-type: none"> <li>... to music</li> <li>... jumping jacks</li> <li>... jumping rope</li> <li>... on a trampoline</li> <li>... hopscotch</li> </ul> </li> <li>• Bouncing on a therapy ball or Hoppity Hop</li> <li>• Doing “The Wave” as a group</li> </ul>	<p><b>FRONT AND BACK ACTIVITIES</b></p> <ul style="list-style-type: none"> <li>• Swinging on a playground swing</li> <li>• Rocking in a rocking chair</li> <li>• Sliding down a playground slide</li> <li>• Sitting on the floor with a partner, facing each other, feet touching, holding hands, and rocking back and forth</li> </ul>
<p><b>CRASH AND BUMP ACTIVITIES</b></p> <ul style="list-style-type: none"> <li>• Jumping into a large pile of pillows, an old mattress or other soft, foamy material</li> <li>• Contact sports</li> </ul> <p><i>*These types of activities require adult supervision. Children who actively seek crashing and bumping sensory input may require occupational therapy.</i></p>	<p><b>CIRCLES ACTIVITIES</b></p> <ul style="list-style-type: none"> <li>• Merry-go-round or other playground equipment that spins</li> <li>• Spinning on swing or tire swing</li> <li>• Sliding down circular slides</li> <li>• Spinning and twirling <ul style="list-style-type: none"> <li>... dancing</li> <li>... playground</li> </ul> </li> <li>• Somersaults, cartwheels, tumbling</li> <li>• Spinning in a office chair</li> </ul>
<p><b>COMBINED MOVEMENT ACTIVITIES:</b> Yoga poses, stretches, taking a walk, running errands, isometrics, Brain Gym exercises, wall push-ups, Simon Says, dances/songs with gestures, kinesthetic academic activities, specialized seating options: sitting on therapy ball, wiggle cushion, T-Stool, etc.</p>	



### 3. TOUCH!

<p><b>FIDGETS OR “BRAIN TOYS”</b></p> <ul style="list-style-type: none"> <li>• Koosh balls, squishy balls, stress toys, putty</li> <li>• Rubber coiled key chains or hair scrunchies</li> <li>• Worry stones or other smooth stones</li> <li>• Pieces of soft or textured fabric</li> <li>• Pet animal (stuffed or real)</li> <li>• Anything unobtrusive and safe that assists self-regulation</li> </ul>	<p><b>LIGHT TOUCH</b></p> <ul style="list-style-type: none"> <li>• Baggy, loose-fitting clothes</li> <li>• Light pats on the shoulder and back</li> <li>• Back scratch</li> </ul>		
<p><b>ADJUST THE TEMPERATURE</b></p> <table border="0"> <tr> <td style="vertical-align: top;"> <p><b>Alerting</b></p> <ul style="list-style-type: none"> <li>• Cool or cold temperatures</li> <li>• Open a window</li> <li>• Turn on a fan</li> <li>• Splash face cold water</li> <li>• Cold beverage</li> </ul> </td> <td style="vertical-align: top;"> <p><b>Calming</b></p> <ul style="list-style-type: none"> <li>• Neutral warmth or heat</li> <li>• Wear coat or extra clothing</li> <li>• Snuggle under blankets</li> <li>• Warm beverage</li> </ul> </td> </tr> </table>	<p><b>Alerting</b></p> <ul style="list-style-type: none"> <li>• Cool or cold temperatures</li> <li>• Open a window</li> <li>• Turn on a fan</li> <li>• Splash face cold water</li> <li>• Cold beverage</li> </ul>	<p><b>Calming</b></p> <ul style="list-style-type: none"> <li>• Neutral warmth or heat</li> <li>• Wear coat or extra clothing</li> <li>• Snuggle under blankets</li> <li>• Warm beverage</li> </ul>	<p><b>DEEP TOUCH</b></p> <ul style="list-style-type: none"> <li>• Tight-fitting clothing</li> <li>• Deep massage</li> <li>• Bear hugs or squeezes</li> <li>• Wrestling</li> <li>• Playing with resistive putty or substance</li> <li>• Weighted vests or blankets</li> <li>• Pile pillows or blankets on child</li> <li>• Squeeze a stuffed animal</li> <li>• Regular or weighted pillow on child’s lap</li> </ul>
<p><b>Alerting</b></p> <ul style="list-style-type: none"> <li>• Cool or cold temperatures</li> <li>• Open a window</li> <li>• Turn on a fan</li> <li>• Splash face cold water</li> <li>• Cold beverage</li> </ul>	<p><b>Calming</b></p> <ul style="list-style-type: none"> <li>• Neutral warmth or heat</li> <li>• Wear coat or extra clothing</li> <li>• Snuggle under blankets</li> <li>• Warm beverage</li> </ul>		



## 4. LOOK!

<p><b>CHANGE THE LIGHTING</b></p> <p>Alerting</p> <ul style="list-style-type: none"> <li>Bright lighting</li> </ul> <p>Calming</p> <ul style="list-style-type: none"> <li>Dim lighting</li> </ul> <p><i>*Consider lamps or full spectrum lighting, as some adults and children are sensitive to the flicker and hum of fluorescent lights</i></p>	<p><b>CHANGE COLOR OF VISUAL STIMULI</b></p> <p>Alerting</p> <ul style="list-style-type: none"> <li>Lots of colors</li> <li>Bright colors, particularly red, orange and yellow</li> </ul> <p>Calming</p> <ul style="list-style-type: none"> <li>Muted colors</li> <li>Earth tones</li> <li>Light blues and greens</li> </ul>
<p><b>CHANGE AMOUNT OF VISUAL STIMULI</b></p> <p>Alerting</p> <ul style="list-style-type: none"> <li>Variety and abundance of visual stimuli</li> <li>Clutter</li> </ul> <p>Calming</p> <ul style="list-style-type: none"> <li>Plain walls</li> <li>Little visual stimuli</li> </ul>	<p><b>MATERIALS/TOYS WITH A VISUAL COMPONENT</b></p> <ul style="list-style-type: none"> <li>Glitter wands</li> <li>Lava lamps</li> <li>Kaleidoscope</li> <li>Books, magazines</li> <li>Fish tank</li> </ul>



## 5. LISTEN!

<p><b>LISTEN TO MUSIC OR OTHER SOUNDS</b></p> <p>Alerting</p> <ul style="list-style-type: none"> <li>Arrhythmical</li> <li>Short duration</li> <li>Loud</li> <li>Novel</li> </ul> <p>Calming</p> <ul style="list-style-type: none"> <li>Rhythmical</li> <li>Long duration</li> <li>Quiet</li> <li>Familiar</li> </ul>	<p><b>DROWN OUT DISTRACTING NOISE</b></p> <ul style="list-style-type: none"> <li>White noise</li> <li>Hum, make your own noises</li> <li>Music on headphones</li> </ul>
<p><b>REMOVE AUDITORY DISTRACTIONS</b></p> <ul style="list-style-type: none"> <li>Object/person making noise relocates</li> <li>Bothered student wears earplugs/headphones</li> </ul>	<p><b>RELOCATE TO A QUIET ENVIRONMENT</b></p> <ul style="list-style-type: none"> <li>Distracted/distressed person moves to hallway or other quiet place</li> </ul>