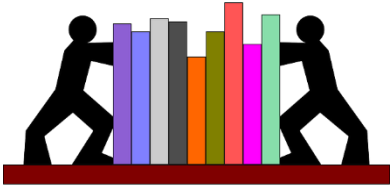


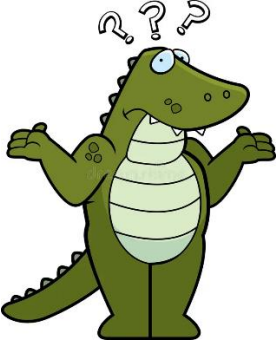

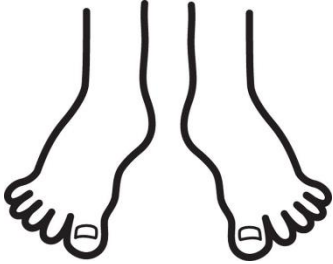





Body Exercises for Calming and Focusing

		
<p style="text-align: center;">Bookends</p>	<p style="text-align: center;">Opera Singer</p>	<p style="text-align: center;">Blast off</p>
		
<p style="text-align: center;">I Dunno</p>	<p style="text-align: center;">On Your Mark</p>	<p style="text-align: center;">Squish Your Foot</p>
		
<p style="text-align: center;">Chair Push Ups</p>	<p style="text-align: center;">Special Spot</p>	<p style="text-align: center;">Self-Compassion Break</p>

Adapted from *Take Five! Staying Alert at Home and School* by Mary Sue Williams and Sherry Shellenberger, TherapyWorks Inc., NM, 2001

Body Exercises - General Guidelines

Exercises can be done in any order. Can be used during transitions. Can be done when behaviour is becoming disruptive to learning and listening.

Book Ends - While sitting, place palms together, fingers pointing to the ceiling, elbows out. Push palms together for a count of 5. Relax for a count of 5. Repeat 3-5 times.

Opera Singer - Curl the fingers of both your hands into a semi-circle and then link them together: one hand facing up and one facing down in front of your body. Pull your elbows away from each other in opposite directions, while keeping your fingers interlocked. Sustain pulling for 5. Relax for 5. Repeat 3-5 times. Switch hands and repeat steps.

Blast Off – Interlock fingers and place them on your head. Stretch upwards until your arms are straight above your head for a count of 5 and then relax to the start position for a count of 5. Repeat this 3-5x

I Dunno – Shrug your shoulders, pulling them towards your ears. Hold for 5. Relax for 5. Repeat 3-5 times.

On Your Mark – Put the palms of your hands on your knees. Alternating your right and left sides, push up with your knee and down with your hand. Hold for 5. Repeat 5 times on each side.

Squish Your Foot – Put one foot on the other. Push up with the bottom foot and down with the top foot. Hold for 5. Switch feet. Do this 5 times on each side.

Chair Push Ups – Hold on with your hands to each side of your chair by your hips. Scoot your bum forward so that you are not resting your back against the backrest. Push up on your arms until they are straight, lifting your bum off the chair. Hold for 5. Relax for 5, Repeat 5 times.

Special Place - The purpose of this exercise is to create a powerful image of a wonderful, peaceful place. With practice, it will become easier and easier to imagine this place and feel its relaxation. Imagine a favorite place or activity and picture it in his mind. Ask yourself, *What do you hear in this place? What do you see? What do you smell? What do you feel?* Practice going to this special place in your mind and remember to use all of your senses to experience it.

Self-Compassion Break - Think to yourself *This is a moment of suffering; this is hard.* Next, remind yourself that *suffering is a part of life; others feel this way, I am not alone.* Now, put your hands over your heart, feel the gentle touch. Ask yourself, *What do I need to hear right now to express kindness to myself? May I be brave. May I be strong. May I be happy. May I feel peace. May I learn to accept myself as I am.*