

# CHANGING HOW ALERT YOU FEEL

Let's pretend that you are a car...

Sometimes you may feel like you are driving fast down the street in **'High Speed'**



And you may have trouble:

- a) paying attention
  - b) sitting quietly at your seat
  - c) doing all of your classwork
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Sometimes you may feel like you are driving the speed limit, **'Just Right'**



And you will usually find it easier to:

- a) pay attention
  - b) get your work done
  - c) have fun
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Sometimes you may feel like you are driving too slow, **'Low Speed'**



And you may have trouble:

- a) concentrating
- b) daydreaming
- c) feeling like a couch potato

You may change your car speed from **HIGH** or **LOW** to **JUST RIGHT** by:

**PUTTING SOMETHING IN YOUR MOUTH:**

- a. Eat something hard
- b. Eat something crunchy (e.g. Pretzels, Popcorn, Nuts or Apples)
- c. Eat chewy food (e.g. Gum, Raisins, Chunks of Cheese)
- d. Eat something sour
- e. Eat something sweet
- f. Drink from a straw
- g. Try a combination of food (e.g. Trail mix)
- h. Use green rubber tubing
- i. Take slow deep breaths

**MOVING (always try moving before you need to concentrate):**

- a. Do isometrics (e.g. Push arms on a walk or push hands together)
- b. Walk quickly
- c. Run up and down the stairs
- d. Do an errand for a teacher/ parent
- e. Roll neck slowly in circular motion
- f. Jump up and down
- g. Play sports
- h. Do aerobics
- i. Dance
- j. Use a therapy ball

**TOUCHING:**

- a. Try holding/ fidgeting with paper clips, rubber bands, straw(s), jewelry or clay
- b. Rub gently or vigorously on your skin/ clothing
- c. Take a cool shower
- d. Take a warm bath
- e. Wash your face with a cold or hot wash cloth
- f. Play with an animal
- g. Hold a stuffed animal or large pillow

**LOOKING:**

- a. Turn on bright lights on in room if you are in a 'low speed' mood
- b. Dim lights if you are in a 'high speed' mood
- c. Clear of the table you are working at
- d. Watch fish in an aquarium
- e. Read a book

**LISTENING:**

- a. Turn on classical music (even and slow beat)
- b. Hard rock (loud bass and uneven beat)
- c. Use an iPod or headphones if music bothers others
- d. Avoid loud, noisy places if you are in a 'high speed' mood