

* Deep Pressure Activities *

(to help prepare the brain to work!)

	1. Self Hugs	Squeeze up and down the arms, from hands to shoulders
	2. Chair Push-Ups & Chair Pull-Ups	Position hands on chair and push up, hold for 5 sec; position hands under chair and pull up, hold for 5 sec (2x each)
	3. Arm Reaches	Stand up and reach with the left arm as high as you can, then reach with the right, then reach with both and wave in the air
	4. Hand Pulls	Grab fingers with closed hands and pull as hard as you can
	5. Prayer Push	Position hands in prayer position with elbows out, pushing palms together; switch hands so fingers touch forearms and push palms together with elbows out
	6. Desk Push-Ups	Lean on the front edge of a desk, take one step back, and do 10 push-ups (keep elbows out)
	7. Wall Push-Ups	Press open palms on a wall, keeping feet shoulder-width apart and elbows out; then push away from the wall
	8. Tip Toe Clunk	Stand on tip toes and fall back on heels (you will feel a "clunk" if you do it right!)
	9. Partner Pulls	(groups of 3) Grab each other's wrists, gently lean/pull out, then have the outside people turn around and grab with opposite hand and repeat
	10. Shoulder Muscle Push	Teacher pushes firmly on student's shoulders, then does hand hugs (squeezes) up and down the arms

1. Trim around outside of box & header together
2. Mount to construction paper (at least 9.75" X 8.25" OR 10.25" X 8.75")
3. Laminate, trim and display