

# Let's Get Moving!

Exercise and Sensory Input for Emotional Regulation and Attachment!



## Aerobic

- Jumping Jacks # \_\_\_\_\_
- Cross Jacks # \_\_\_\_\_
- Star Jacks # \_\_\_\_\_
- High Knees # \_\_\_\_\_
- Trampoline #minutes \_\_\_\_\_
- Mountain Climbers # \_\_\_\_\_
- Squat Jacks # \_\_\_\_\_
- Lunges # \_\_\_\_\_
- Push Ups # \_\_\_\_\_
- Burpees # \_\_\_\_\_
- Knee Drives # \_\_\_\_\_
- Cross Body Knee Drives # \_\_\_\_\_
- Plank Jacks # \_\_\_\_\_



## Proprioceptive

- Balance On 1 Leg # \_\_\_\_\_
- Single Leg Squats # \_\_\_\_\_
- Straight Knee Leg Lifts Front # \_\_\_\_\_
- Straight Knee Leg Lifts Side # \_\_\_\_\_
- Straight Knee Leg Lifts Back # \_\_\_\_\_
- Single Leg Deadlifts w/o weights # \_\_\_\_\_
- Sit On Balance Ball, Lift 1 Leg # \_\_\_\_\_
- Single Leg Knee Lifts # \_\_\_\_\_
- Hopscotch, Balance On Each Square 1 Leg For 20 Seconds # \_\_\_\_\_
- Walk A Chalk-Drawn Tight Rope # \_\_\_\_\_



## Vestibular

- Swinging # \_\_\_\_\_
- Hammock Swings # \_\_\_\_\_
- Bike Ride #minutes \_\_\_\_\_
- Rocking Chair #minutes \_\_\_\_\_
- Seated Bouncing on Balance Ball #minutes \_\_\_\_\_
- Trampoline #minutes \_\_\_\_\_
- Sit and Spin # \_\_\_\_\_
- Summersaults # \_\_\_\_\_
- Create an obstacle



## Brain Integration

- Bird Dogs # \_\_\_\_\_
- High Knees, Touch Opposite hand to Opposite Knee # \_\_\_\_\_
- Cross Body Knee Drives # \_\_\_\_\_
- Kick and Touch Toes with Opposite Hand # \_\_\_\_\_
- Cross Jacks # \_\_\_\_\_
- Standing On One Foot, Arms Make an O Above Your Head. Slowly Move Your O All The Way To The Left And Then To The Right # \_\_\_\_\_