

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 # _____