

## Activities to be Completed to Increase Concentration and Calm the Body

Below is a list of suggestions that may be able to be incorporated into a daily routine to assist you with functioning at your highest level.

- 1) **Marching during transitions:** It provides deep input into the joints which helps you focus
- 2) **Marching while touching right arm to left leg and left arm to right leg:** This cross-crawl provides input to the joints to help you focus and also crossing the body helps both sides of the brain to work together.
- 3) **Eating crunchy or chewy foods** during snack time: Provides input into the jaw to help you focus
- 4) **Giving yourself a hug:** Crossing your arms integrates both sides of the brain together and a hug is a calming activity.
- 5) **Complete hand squeezes:** Assists with increasing attention to tasks.
- 6) **Complete hand squeezes with arms crossed at forearms and legs crossed.** Crossing the body helps the 2 sides of the brain to work together, and squeezing the hands helps increase attention to tasks
- 7) **Bean Bag Chairs:** The deep pressure will assist with increasing attention to tasks and to calm yourself.
- 8) **Wheelbarrow Walk:** Hold child's feet and have him walk on his hands. Physical activity decreases stress, being upside down activates the vestibular system, walking on your hands is deep pressure which calms the body.
- 9) **Drawing a figure 8** on a large sheet of paper and tracing it 5 times with each hand, then 5x with both hands on the pencil will help integrate both sides of the brain and assist yourself in completing new and difficult tasks. Research has also shown that people who drew a Lazy 8 before tests significantly improved their test scores.

\* **Always draw it up and to the left, then up and to the right.**



In addition, there are also pressure points that can assist you with being able to focus:

- 1) Rubbing **above the eyes** in a circle (Can also do it with crossing the forearms). It brings blood back to the forebrain to help with focusing and to decrease stress.
- 2) Rubbing to the **sides of the eyes** in a circle
- 3) Rubbing **in front of the ear** in a circle
- 4) Rubbing **behind the ear** in a circle
- 5) **Rubbing the ears** (lightly bending the flap of the ear backwards). These are called you "Thinking Caps"