

# OT CORNER

## Sensory Motor Activities for You

### WEEK 2 Self Regulation



"Your body is like a car engine. Sometimes it runs High, sometimes it runs Low, and sometimes it runs Just Right." - The Alert Program for Self Regulation

### How is your engine running?



Children learn from adults modeling and using this vocabulary to describe their own engine levels throughout the day

## Calming & Alerting Tools to change your Engine Speed to Just Right!

### CHANGE HIGH ENGINES

Feeling frustrated, scared, upset, anxious, over excited

**Resistive Activities:** Pressure into joints is calming.  
Take Movement breaks: Wheelbarrow walk, animal walks, ride a bike

**Wearing Weights:** Helps with focus.  
Wear a backpack filled with rocks, water bottles (heavy) for 30 minutes

**Oral:** Chewy & Crunchy snacks, chewing gum, suck thick drink with a straw

**Sound:** Wear headphones to reduce environmental sounds  
Listen to soft music with a slow beat.

**Vision:** Natural light or soft lighting, Book break using picture books  
Create an area clutter free for learning.

1.



Animal Walks

## FINE MOTOR

### PLAY DOUGH RECIPE

- 1 ½ cup Flour (works well with gluten free flour)
- ¼ cup Salt
- 2 Tablespoons Cream of Tartar
- ½ cup boiling Water (add more if needed to make dough)
- 1 ½ Tablespoons Oil

Optional: Food coloring or 1 package unsweetened Kool-Aid powder drink mix

1. Measure & mix dry ingredients in lg bowl
2. Measure and mix boiling water, oil and food coloring
3. Pour enough water mixture into dry ingredients to make the dough
4. When cool enough, Knead until the color is blended
5. Store in air-tight bag or container in the refrigerator



2. Make a car out of play dough or learn to draw a Race Car

<https://www.youtube.com/watch?v=Mub9ZP8QtEU>

### CHANGE LOW ENGINES

Feeling sleepy, droopy, "daydreaming", tired and hard to focus

**Heavy Work Resistive Activities:** Can be used to increase energy.  
Take a movement break: jumping, running, skipping, pushing/pulling activities

**Touch:** Fidget object but not distracting.

**Sound:** Sing & Play songs with movements (Head, Shoulders, Knees & Toes/B-I-N-G-O)  
Start slow then do faster. Fast upbeat music can be alerting.

**Oral:** Chewy/crunchy snacks, chew gum, cold drinks, carbonated drinks.

**Vision:** Natural lighting, bright lights, sun light. Visual schedules and break work into small chunks so student perceives as "do-able"

3. Create a Lazy 8

Start in the middle at the star and trace with your finger taking deep breath in and slow breath out as you go around. Continue to breath around the Lazy 8 until you have a calm body and mind

### Lazy 8 Breathing

