



GETTING READY TO WORK

Helpful for: A whole-class approach to ensure that children remain on task and focused. These strategies are useful for transitions between lessons. They need to be done throughout the day to be effective.

Movement Breaks

Children require regular opportunities to move and use the large muscles of their bodies. This helps them to become calmer and more focussed. Here are some ideas to try:

Naturally Occurring Activities: Within a typical day, there are many opportunities for heavy work. Some examples:

- Moving chairs or stacking them
- Wash/erase/dry white boards
- Collecting books in small box
- Help move gym equipment/mats
- Crush cans for recycling
- Carrying Xerox paper to copier
- Holding heavy doors open for class



Chair-based activities: Try to use 2-3 activities between each lesson. Use each position for at least 5 seconds / 5 repetitions.

- **Chair press ups:** Whilst sitting on hands with elbows slightly bent, try to push body up.
- **Chair pull downs:** sit on chair with hands down on either side and place fingers over the sides of the chair. Pull really hard like you are trying to pull yourself into the chair.
- **Head presses** – place both hands on top of your head and pull down.



- **Wall push ups** – Standing in front of the wall – push with your palms against the wall as if you are trying to push the wall down.
- **Rubbing hands together vigorously:** Like washing hands thoroughly, rubbing outside and inside of hand. Make your hands feel hot.

- **Pressing hands down on desk:** Standing up and pushing down forcefully on the desk, as if you are trying to push the table into the floor.
- **Fingertip tapping:** Alternately tap each fingertip on the table, like playing the piano.



- **Hand spans:** Spreading and closing fingers. Do on each hand.
- **Squeezing a soft (stress) ball.** Alternate between hands, this can be done while sitting on the mat or while reading a book. They can be purchased from most toy shops.