



Alerting – Frog Hops



**Organising – Frog Claps
and tongue pokes**



Calming – Frog Press

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- Start by sitting still like a frog - cross legged
- Press down on head, then shoulders, with both hands – calming pressure.
- Cross arms and press down on knees
- Find froggy ears – press hands on side of face, encompassing ears

Organising – Frog Claps and tongue pokes

- Start in standing position
- Clever frog – clap hands under each leg – first one leg then the other. Lift your leg high to make it easier to clap under it.
- Now try sticking your frog tongue out every time you clap

Alerting – Frog Hops

- Start in standing position
- Frog Hops – crouch down like a frog – jump up in air
- How high can you jump?



Alerting – Tiger Leap



Organising – Tiger Stretches



Calming – Tiger Sleeping

Alerting – Tiger Leap

- Start in crouched position – jump up with ‘claws’ in air, ready to grab your prey
- If you need to, roar (allowing release of extra energy)

Organising – Tiger Stretches

- In standing – reach and grab ‘prey’ either side – reaching far, above head and crossing body midline
- In Standing – Pat head and rub tummy simultaneously (tiger thinks that he has a nice full tummy)

Calming – Tiger Sleeping

- Lying on side on floor, in curled up position – tiger curled up in his lair.



Alerting – Hedgehog Running
(looking for food)



Organising – Hedgehog
Standing Stretches



Calming – Hedgehog Sleeping

Alerting – Hedgehog Running (looking for food)

- Run on spot, looking for food – stop and sniff air – then continue.
- Hands can be held up chest height, as paws.

Organising – Hedgehog Standing Stretches

- Start in standing position – balance on one leg and stretch to sides and above for berries off a bush – if unstable, can just do this standing on both legs but keeping feet together to maintain a good position.
- Use coloured spots if needed as an aid to stand on.

Calming – Hedgehog Sleeping

- Lying on back and then curl up into ball, tucking head in and legs up to chest.
- Child to slowly count to 10 and then roll onto side to 'go to sleep'



Calming – Cat Stretches



Organising – Cat Plays
Simon Says



Alerting – Cat Running

Calming – Cat Stretches

- Cat Stretches – position on hands and knees (4point kneeling) – tuck head and bottom in, raise back up, then lift head and bottom up, which lowers stomach closer to ground

Alerting – Cat Running

- Scared / Running Cat – child runs around in circle on spot – adult claps hands, cat stops to check for danger, and then runs again.

Organising – Cat Plays Simon Says

- Copy Cat – Version of ‘Simon Says’ – child to copy actions from adult which can include both hands touch shoulders then nose, or touch knees then elbows.
- Do actions in quick successions and include crossing body midline.



Alerting – Elephant Stomp



Organising – Elephant
Trunk Games



Calming – Sleeping Elephant

Alerting – Elephant Stomp

- Elephant stomp on floor – walking through jungle (stay in same spot – use heavy feet and arms to march) to alert all elephants it's time to gather around

Organising – Elephant Trunk Games

- Use trunk (long arms with hands clasped together) - to pull leaves off trees, and then squirt water with trunk
- Stand on one leg and stretch up and to sides, to challenge balance

Calming – Sleeping Elephant

- Sleeping Elephant – hands/arms forwards as trunk and body hanging down, with 'trunk' touching floor – slowly stretch forwards, keeping nice and still.
- Use a coloured spot to help with positioning if required.



Alerting – Jumping Crocodiles



Organising – Crocodile Swimming



Calming – Crocodile Sleeping

Alerting – Jumping Crocodiles

- Start in crouched position – jumping up out of water and snapping jaws up above head (hands stretched up and clap)

Organising – Crocodile Swimming

- Crocodile wiggly swim - arms/hands together, facing forwards as crocodile jaws - moving through water – body can sway from side to side and child moves carefully around room – keep moving and snapping jaws at the same time – collecting food

Calming – Crocodile Sleeping

- Crocodile lying in the sun – child lying on back – lift head to view stomach – take deep breath and watch tummy rise, then long exhale of air, allowing head to rest back down again