

“Get-It-Together Activities”



On some days, it's really difficult to get organized; you may feel scattered, as if you're going in ten different directions at the same time. The following activities tend to “organize the nervous system and may be helpful for children who seem “disorganized.”

- ◆ Chewy foods, such as bagels, soft pretzels, licorice sticks, string cheese, dried fruits, raisins, dates, gummy bears, finger jello, fruit roll ups, granola bars.
- ◆ Play ground activities such as climbing on the monkey bars (hanging by the arms, hanging upside down by the legs).
- ◆ Gymnastic activities such as somersaults, knee stands, wall push-ups, animal walks.
- ◆ Pulling a wagon filled with heavy items such as books or blocks.
- ◆ Pushing a heavy cardboard box or laundry basket.