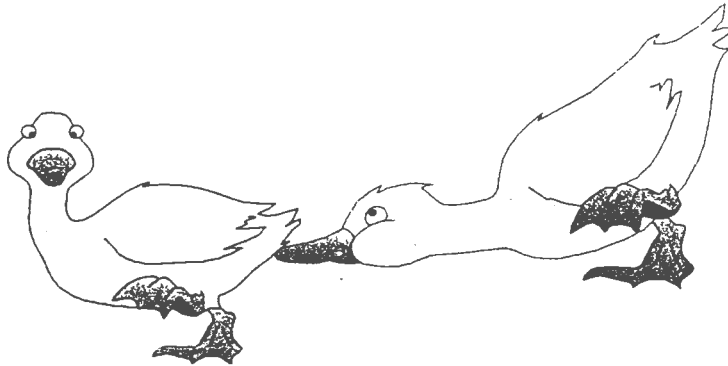


Wake-Up Activities



Sometimes we all need a “little boost” to get ourselves up and motivated. The following activities tend to “wake-up” our nervous system and may be beneficial for those who tend to be “under-responsive:”

- ◆ A shower
- ◆ Crunchy/crispy foods such as dry cereal, carrots, crackers, pretzels, rice cakes, popcorn, apples, etc.
- ◆ Bouncing/jumping up and down on a bed mattress, beach ball, trampoline, air mattress, water bed, large inflated inner tube of a truck tire, etc.
- ◆ Exercises such as stretching, push-ups, sit-ups, jumping rope, jogging, etc.