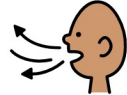


weighted
blanket

Calming



breathe in
1-2-3



breathe out
1-2-3-4-5

Calming



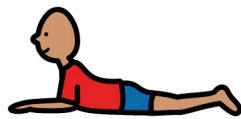
relaxing music

Calming



yoga dog
pose

Calming



yoga cobra
pose

Calming



hug pillow

Calming



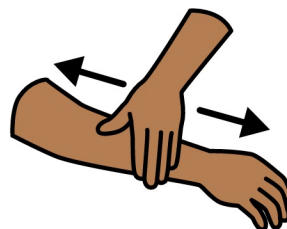
box den

Calming



sensory brush

Calming



arm massage

Calming



sit in bean bag

Calming



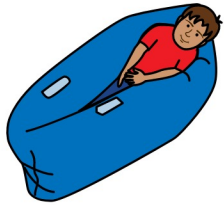
water play

Calming



relaxation

Calming



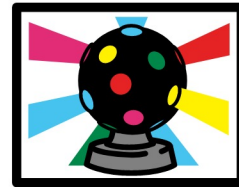
deep pressure
'sandwich'

Calming



stroke a pet

Calming



sensory lights

Calming



heavy plushie

Calming



gentle rocking

Calming



pressure
wrap

Calming



headphones

Calming



sand table

Calming



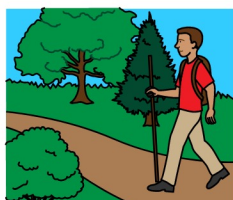
crawl through
steam roller

Calming



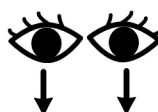
slow swing

Calming

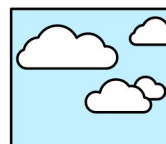


nature walk

Calming

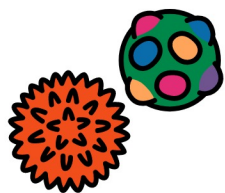


watch



clouds

Calming



fidgets

Calming



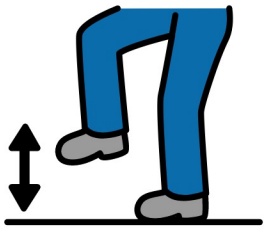
gentle stretch

Calming



humming

Calming



march

Alerting



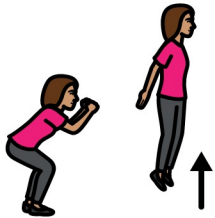
jumping jack

Alerting



skipping

Alerting



squat jump

Alerting



jump

Alerting



dance

Alerting



wall
handstand

Alerting



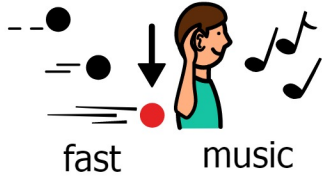
crunchy snack

Alerting



bounce on exercise
ball

Alerting



fast

music

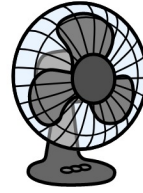
Alerting



ice

play

Alerting



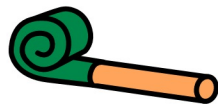
fan

Alerting



drink through a
straw

Alerting



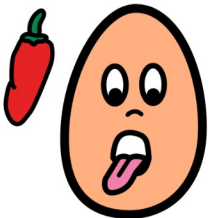
party blower

Alerting



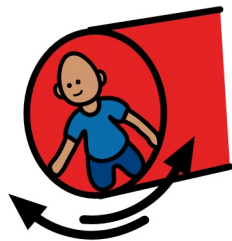
tickle self

Alerting



strong taste

Alerting



rock fast

Alerting



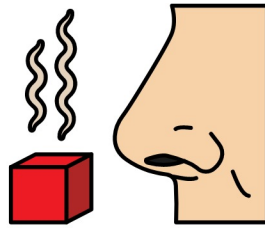
sit and spin

Alerting



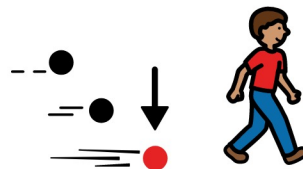
aerobics

Alerting



strong smells

Alerting



fast

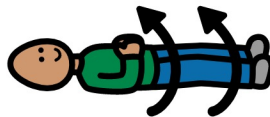
walk

Alerting



rough and tumble
play

Alerting



roll

Alerting



fast swing

Alerting



ride on blanket

Alerting



cold lolly

Alerting



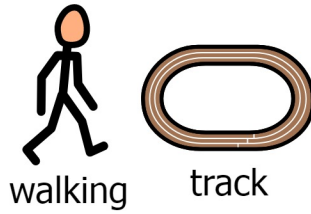
vibro toys

Alerting



table push up

Regulating



walking track

Regulating



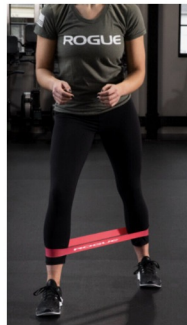
push ups

Regulating



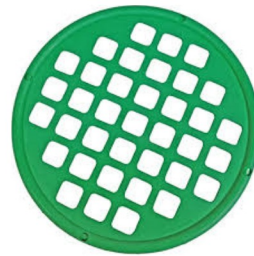
Lycra tunnel

Regulating



resistance band

Regulating



power web

Regulating



suspension trainer

Regulating



crawl

Regulating



frog hops

Regulating



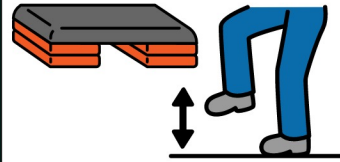
climb

Regulating



carry

Regulating



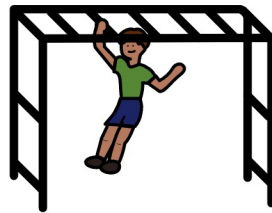
step ups

Regulating



heavy backpack

Regulating



hang

Regulating



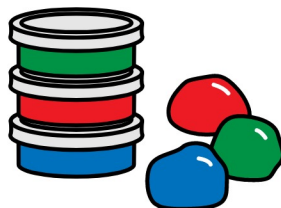
finger pushes

Regulating



finger pulls

Regulating



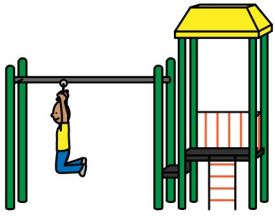
therapy putty

Regulating



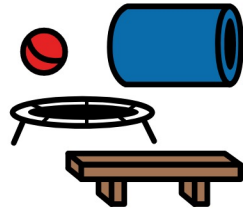
lie over ball

Regulating



playground

Regulating



apparatus

Regulating



pedal car

Regulating



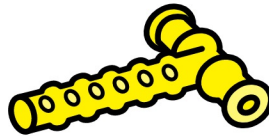
garden tasks

Regulating



digging

Regulating



chewy tube

Regulating



clean car

Regulating



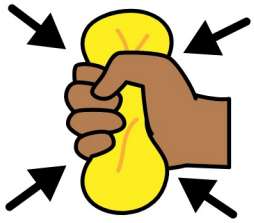
sweep

Regulating



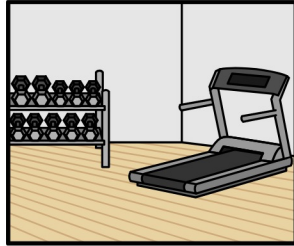
scrub

Regulating



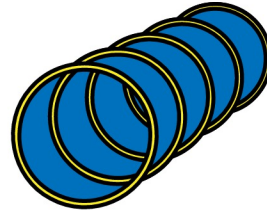
squeeze

Regulating



gym

Regulating



exercise tunnel

Regulating



scooter board

Regulating



aerobics

Regulating



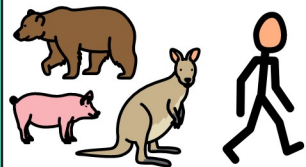
scooter

Regulating



obstacle course

Regulating



animal

walks

Regulating



battle ropes

Regulating