

April is
Occupational
Therapy Month

ISSUE 6

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NEXT ISSUE:
SUMMER ACTIVITY IDEAS

Thera *kids*

**ADDRESSING THE NEEDS OF EDUCATORS
AND PLANTING THE SEEDS OF CLASSROOM WELLNESS.**

CALMING AND ALERTING ACTIVITIES

Do you ever have moments in your day where you feel like you need something to help you focus or help get you going?

Children need these breaks too but may not be able to communicate this to us.

Try these classroom strategies

**Want more info?
Check this website out:
www.school-ot.com**

Classroom calming activities to help focus:

After recess try:

*listening to a nature sounds CD

*turning florescent lights off

*having students clean/wipe the tops of their desks

*eating chewy foods like tootsie rolls or fruit snacks

Classroom alerting activities to help get kids going:

Monday mornings try:

* starting with a stand and stretch break

*eating crunchy foods like pretzels

*drinking or blowing through a straw

*listening to quick tempo music

Living Life To Its Fullest™

O C C U P A T I O N A L T H E R A P Y

American Occupational Therapy Association

Therakids P.C. provides specialized occupational, physical and speech therapy services to help children overcome developmental concerns. Services are provided in the school setting throughout southwestern Illinois by licensed occupational therapists, occupational therapy assistants, physical therapists, physical therapist assistants and speech-language pathologists. **Email: www.Therakids.org**

