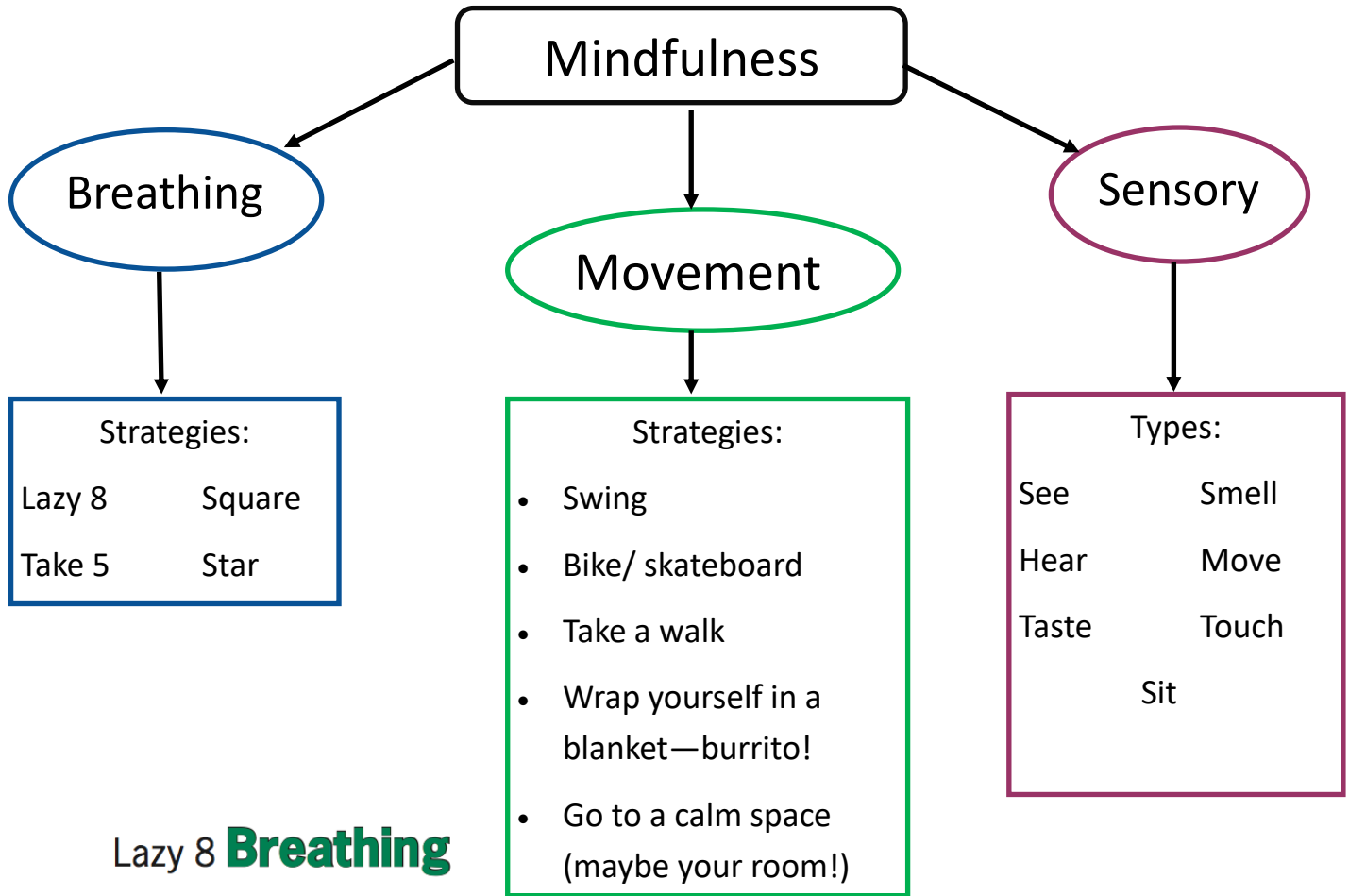
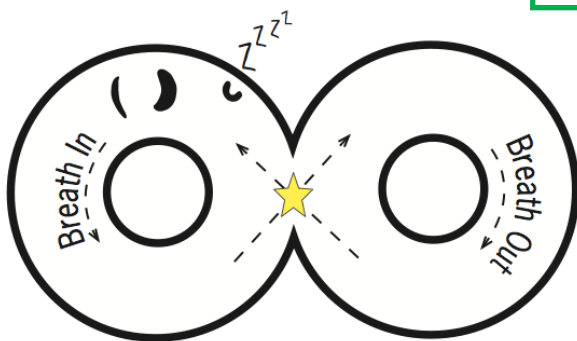


# Julie's Jungle Gym: An OT Newsletter






## Lazy 8 Breathing



Resources [www.pinterest.com](http://www.pinterest.com)

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	<b>Alerting Activities</b>	<b>Calming Activities</b>
<p><b>See</b></p> 	<ul style="list-style-type: none"> <li>• Colors: red, yellow</li> <li>• Increase lighting</li> <li>• Use colored outlines</li> </ul>	<ul style="list-style-type: none"> <li>• Colors: blue, green</li> <li>• Decrease lighting</li> <li>• Declutter workspace</li> </ul>
<p><b>Hear</b></p> 	<ul style="list-style-type: none"> <li>• Loud, fast music</li> <li>• Speaking with a low tone</li> </ul>	<ul style="list-style-type: none"> <li>• Instrumental music</li> <li>• White noise</li> <li>• Metronome</li> </ul>
<p><b>Taste</b></p> 	<ul style="list-style-type: none"> <li>• Ice cold</li> <li>• Sour</li> <li>• Mint</li> </ul>	<ul style="list-style-type: none"> <li>• Hard candy (mild flavors)</li> </ul>
<p><b>Touch</b></p> 	<ul style="list-style-type: none"> <li>• Velcro</li> <li>• Playing in pasta/ shaving cream</li> </ul>	<ul style="list-style-type: none"> <li>• Hand massage</li> <li>• Squeezing objects</li> <li>• Compression</li> </ul>
<p><b>Smell</b></p> 	<ul style="list-style-type: none"> <li>• Peppermint</li> <li>• Lemon</li> </ul>	<ul style="list-style-type: none"> <li>• Lavender</li> <li>• Vanilla</li> <li>• Chamomile</li> </ul>
<p><b>Move</b></p> 	<ul style="list-style-type: none"> <li>• Rotation</li> <li>• Running/ stopping quickly</li> </ul>	<ul style="list-style-type: none"> <li>• Rhythmic, predictable, straight lotion</li> <li>• Animal walks</li> </ul>
<p><b>Sit</b></p> 	<ul style="list-style-type: none"> <li>• Sit on a small cushion in a chair</li> </ul>	<ul style="list-style-type: none"> <li>• Bean bag chair</li> <li>• Simplify environment</li> </ul>