



## **GEMEX**

Five minutes worth of Occupational Therapy Exercises will help to modulate a child's nervous system. These Sensory Snacks should be used regularly in the classroom to help the children to modulate their arousal levels. They can be repeated as many times as necessary in the day and should be used by a group rather than one individual.

Stretch as tall as you can and make yourself as small/ thin as possible  
Move around the classroom – (work towards heavy work and control)

- Crawling, creeping ( if there is space )
- Walking - Hands on shoulders of the person in-front of you
  - shuffle with feet not leaving the ground
  - walk with stiff legs
  - (later add going backwards )
  - walk on knees

Stand at your table – lean on arms – steady legs, steady arms - 20 secs  
– count or say the alphabet.....

Star fingers and lemon squeezes with hands – x5

Sit on hands tense up whole body- relax, leave hands where they are until needed for activity

Hand presses – hands clasped together in midline with palms squeezing – count to 10 or use times tables eg 4,8,12,16 etc.

### **Beginning and end of PE**

- Include as much creeping, crawling, rolling as possible
- Animal walks
- Go for control – slow, steady heavy work
- Do “stop / go” games – statues
- Move in reverse
- End with relaxation

For further advice and support contact the Children's Occupational Therapy Department