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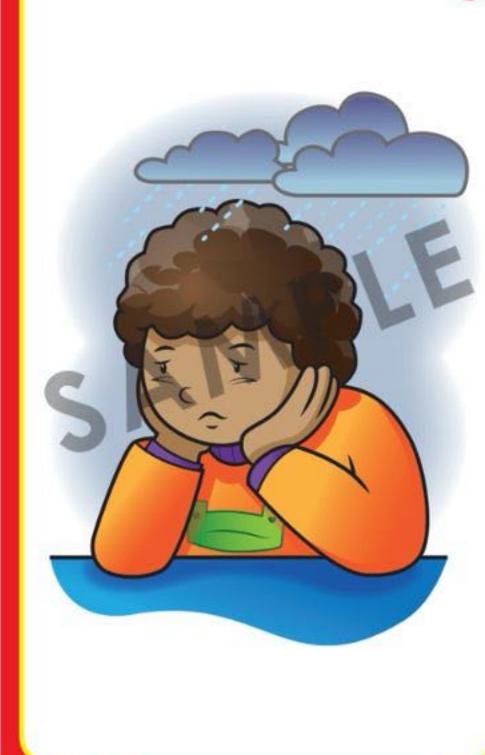
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#CRD-34



O Super Duper*

Too Little

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Too Little is when a child's sensory system is underaroused. Children in this state often feel sluggish, tired, and have trouble focusing. However, it is important for children to be able to attain this state prior to bedtime.

Teaching Too Little

- Use terminology best suited to the child.
 Other terms used to describe an underaroused sensory system include Too Slow, Too Low, and Too Cold.
- Demonstrate what Too Little looks like. Act out different types of Too Little including:
 - Noise lean forward and cup your ear
 - Vision squint
 - Movement slump, move slowly
- 3. Discuss times when the child might have felt Too Little including:
 - Noise a whisper
 - Vision reading in dim light
 - Movement sitting still in class for a long time
- 4. Help the child label *Too Little* during treatment sessions.



Chair Push-Ups

Super Duper

#CRD-34

Chair Push-Ups

Therapeutic Benefits

- Tends to be calming
- Strengthens upper extremities
- Prepares hands for handwriting

Tips

- To make this exercise easier, use a chair with armrests. Place the child's hands on the chair's armrests and have him/her push up from there.
- For best results, use a wooden or plastic chair without padding or cushioning.

Directions

- 1. Sit in a sturdy armless chair.
- 2. Your feet should be flat on the floor.
- Place your hands on the chair on either side of your legs.
- Elbows should be straight and palms should be flat on the chair, fingers pointing away from you or curled under the seat.
- Push through your arms and hands to raise your bottom off the chair. Do not help with your feet.
- 6. Gently lower down and repeat.
- As you get stronger, try to lift your feet off the floor.

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