

**Teaching Cards**

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|--------------------|----------------------------|
| 1. Girl Too Much   | 7. Hot Thermometer         |
| 2. Girl Too Little | 8. Cold Thermometer        |
| 3. Girl Just Right | 9. Just Right Thermometer  |
| 4. Boy Too Much    | 10. Fast Speedometer       |
| 5. Boy Too Little  | 11. Slow Speedometer       |
| 6. Boy Just Right  | 12. Just Right Speedometer |

**Movement & Resistance (Proprioception)**

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|-----------------------|---------------------------|
| 13. Weighted Vest     | 19. Wall Push-Ups         |
| 14. Joint Compression | 20. Chair Push-Ups        |
| 15. Monkey Bars       | 21. Wheelbarrow Walk      |
| 16. Burrito           | 22. Carry Something Heavy |
| 17. Pillow Crash      | 23. Push Something Heavy  |
| 18. Fish Face         | 24. Pull Something Heavy  |

**Movement & Balance (Vestibular)**

- |                   |                      |
|-------------------|----------------------|
| 25. Rocking Chair | 33. Upside Down Ball |
| 26. Ball Chair    | 34. Headstand        |
| 27. T-Stool       | 35. Somersault       |
| 28. Blanket Swing | 36. Trampoline       |
| 29. Scooter Board | 37. Glider Swing     |
| 30. Rocking Egg   | 38. Playground Swing |
| 31. Barrel Crawl  | 39. Roll             |
| 32. Ball Rock     | 40. Net Swing Spin   |

**Tactile**

- |                         |                 |
|-------------------------|-----------------|
| 41. Hand Fidgets        | 44. Dough       |
| 42. Textures            | 45. Ball Bath   |
| 43. Give Yourself a Hug | 46. Steamroller |

**Other Sensory Systems**

- |                     |                       |
|---------------------|-----------------------|
| 47. Quiet Space     | 52. Task Light        |
| 48. Headphones      | 53. Highlighter Strip |
| 49. Calming Music   | 54. Calming Scents    |
| 50. Alerting Music  | 55. Alerting Scents   |
| 51. Turn Off Lights |                       |

**Oral-Motor**

- |                  |                   |
|------------------|-------------------|
| 56. Gum          | 59. Mouth Fidgets |
| 57. Water Bottle | 60. Foods         |
| 58. Straw Games  |                   |





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## Too Little

*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

1. Use terminology best suited to the child. Other terms used to describe an underaroused sensory system include *Too Slow*, *Too Low*, and *Too Cold*.
2. 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.

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## Chair Push-Ups

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## Chair Push-Ups

### Therapeutic Benefits

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

### Tips

1. 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.
2. 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.
3. Place your hands on the chair on either side of your legs.
4. Elbows should be straight and palms should be flat on the chair, fingers pointing away from you or curled under the seat.
5. 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.
7. As you get stronger, try to lift your feet off the floor.

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