Haywood Grove School
Proud to be Special - Proud to be Different

Appendix B

Wake Up, Shake Up Activities

The purpose of these activities is to get the children to wake up their bodies and feel ready for action (the whole family can join in too). The following activities all provide an alerting sensation to help the child wake up, but ultimately aim to get the child into a calm and alert state, which is the optimum arousal state for learning.

The Washing Game	Have a pretend shower by getting children to rub their faces and "Wash" down their arms and legs.
Bounce to the Tune	Key worker plays music and the children bounce on their heels or on the sofa in time with the music. This encourages balance co-ordination, timing, active listening, social cooperation and the capacity to remain regulated when exposed to movement.
Throw and Catch	Key worker models throwing and catching of an item e.g. a ball or teddy (something soft). They challenge themselves to e.g. throw high without touching the ceiling, throw and catch 10 times in 20 seconds etc. This encourages spatial awareness and grading of movement. If members of the family join in, they can throw and catch to each other, making sure they state the person's name to draw their attention before they throw.
Balance on…	Key worker leads a game similar to Twister. The key worker says e.g. balance on your right foot, balance on your right foot and your right hand etc. This encourages spatial awareness, balance co-ordination, active listening.
Jumping on the Spot	The key worker models and tells the child to jump on the spot 10 to 20 times. This encourages spatial awareness, balance and grading of linear movement.
Push Ups	The key worker models either push ups against a wall or on the floor (using knees if required). The child does 10-20 push ups. This encourages heavy body work and deep muscle pressure.
Jam Roll	Key worker instructs the child to get a blanket or similar. The child should roll themselves up like a hotdog, then slowly unroll. This provides deep pressure touch.
Simon Says	Key worker instructs the child to close their eyes, then touch specific parts of their body e.g. Simon says touch your ear. This will help to stimulate the development of sensory discrimination and requires active listening skills and spatial awareness.