

child's name

date

therapist

teacher

parent

location

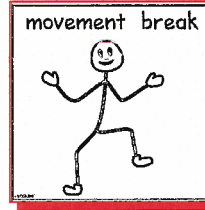
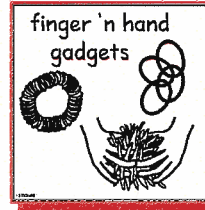
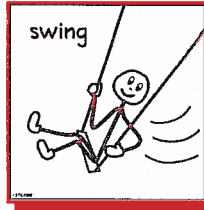


Muscles, Motion 'n Touch

### Summary Planner

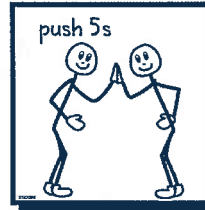
#### Motion

These activities most often alert and organize the mind and body, but they can also over alert. To avoid over alerting, follow up with Pressure or Heavy Work activities.



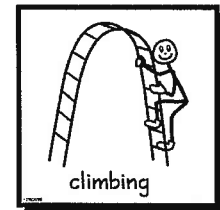
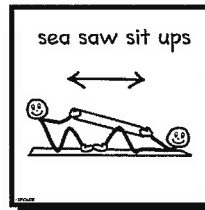
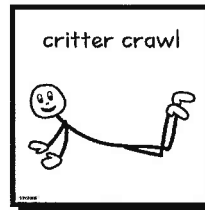
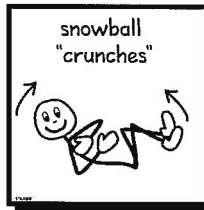
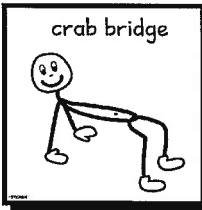
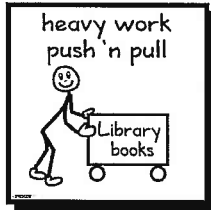
#### Pressure 'n Touch

These activities act as a "magic pill" as they calm and settle the child's nervous system and behavior. Use as a get ready, regrouping, or transition strategy. Often used after Motion activities.



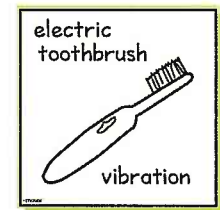
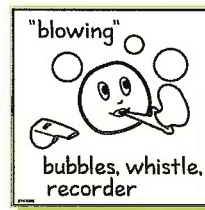
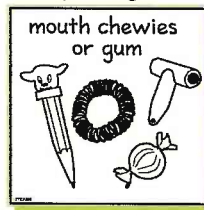
#### Heavy Work

Heavy Work activities involve muscle effort. The effort and resistance activities of push, pull and pressure are calming; and the Motion is alerting; resulting in a nice mix.



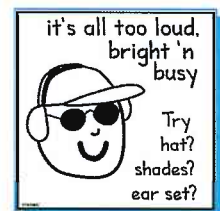
#### Suck Chew 'n Breathe

These activities both alert and calm the child helping to organize the mind and body. They will also help the child to listen and focus. These activities are easy to forget, but are primary stabilizers.



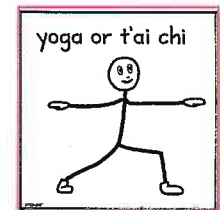
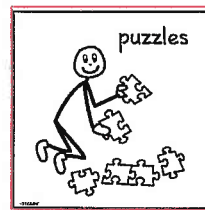
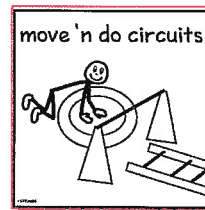
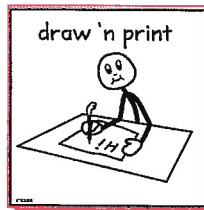
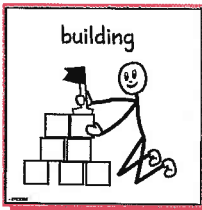
#### Retreat

These activities calm the sensory sensitive child by reducing sensory overload: too bright, too loud and too busy. Retreat activities help create a quieter, less overwhelming environment for the child.



#### Tips Tools 'n Doing

Supplies strategies for task and tool modification in daily "doing it". Activity analysis and task modification can improve risk taking, "on task" behavior and self esteem.



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