

Animal Break Ladder

Take a quick movement break to help the child refocus and release energy. Follow the progression from quiet to louder back down to quiet. Compare how these creatures move. Who is the quietest? Who is the loudest? Which one do you relate to the most? Have the client take three deep breaths and return to work.

Elephant Stomp
(Loud Feet)



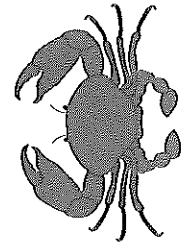
Bear Walk
(All Fours)



Bear Walk
(All Fours)



Crab Crawl



Crab Crawl

