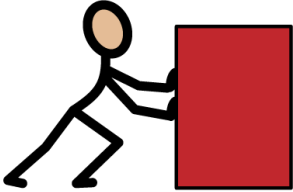
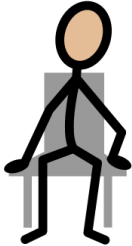
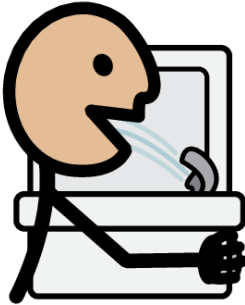

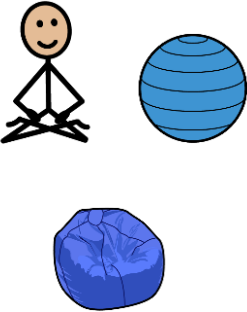
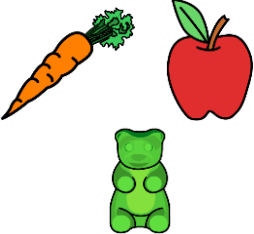

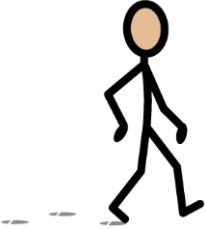


# Strategies for Home and the Classroom: Kids that wiggle

<p>Wall pushes</p> 	<p>Chair push-ups</p>  <p>(use arms to lift bottom out of chair)</p>	<p>Go get a drink</p> 	<p>Work standing</p> 
<p>Flexible seating</p> 	<p>Crunchy or chewy snacks</p> 	<p>Deep hugs</p>  <p>(squeeze your arms)</p>	<p>Get up and move</p> 

\* These strategies are general and not specific to any student. If you have specific questions or concerns please contact the Occupational Therapy Department.