

Quick ways to CALM down!

Sea Life Sensory Solutions.



Puffer Fish Puff

Puff your cheeks like a puffer fish!

Fill your cheeks with air and hold for 5 seconds.



Clam Cuddle

Cuddle yourself like a clam.

Place your hands on the opposite shoulders and squeeze.



Turtle Tongue

Poke your tongue out like a turtle pokes out its neck.

Stick your tongue out and quickly hide it again.



Starfish Stretch

Stretch out like a starfish.

Place your arms up over your head and stretch out wide. Stretch your legs out wide too.



Your Kids OT