

## 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