

BRAIN BREAKS



Animal Walks

FREEBIE



About Me

My name is Julia and I am a Paediatric Occupational Therapist. I am the head of the Occupational Therapy department in a mainstream P-12 school. I am also the director of Tiny Tackers Therapy, a paediatric therapy service. I work in both services with my Kelpie Cross, Luna, who is a certified therapy dog.

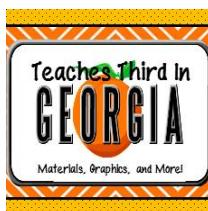
I have experience working with children from a wide range of culturally diverse background, including indigenous Australians, new Australians and individuals with a refugee background, who may or may not have a diagnosed disability, developmental delay, or are at risk of a developmental delay. I work collaboratively with speech and language pathologists, clinical psychologists and pediatricians.

You can buy with confidence from Tiny Tackers Therapy, knowing that all of our resources are created by a Pediatric Occupational Therapist with the appropriate knowledge, skills and expertise to ensure resources are developmentally appropriate for students and based on research evidence.

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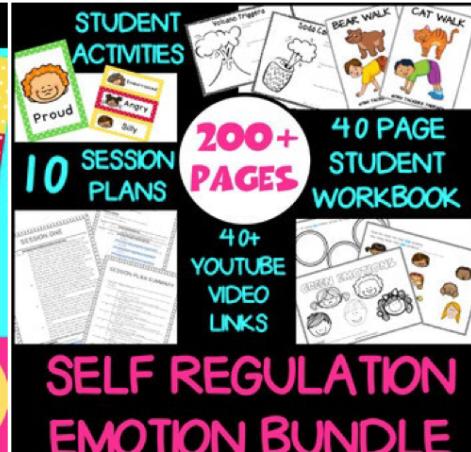


EMOTION - NO PREP ACTIVITIES

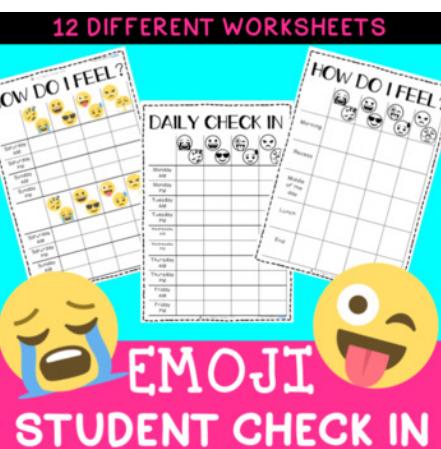
73 PAGES



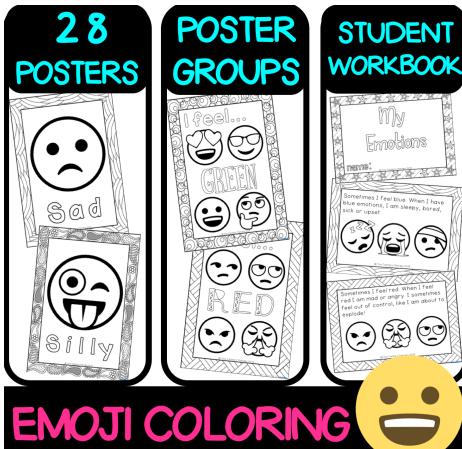
EMOJI WORDWALL



SELF REGULATION EMOTION BUNDLE



EMOJI STUDENT CHECK IN



EMOJI COLORING



EMOJI SELF-REGULATION

Animal Walks

These products can be used in isolation, or together. The same images are used to assist children to transfer the concepts between products.

This product includes black and white, and colour versions of each item.

- Daily check in (morning, recess, middle of the day, lunch, end)
- Weekly check in (AM and PM for Monday – Friday)
- Weekend check in (AM and PM for Saturday and Sunday)

[Click here to purchase the full version of this product:](#)



BEAR WALK



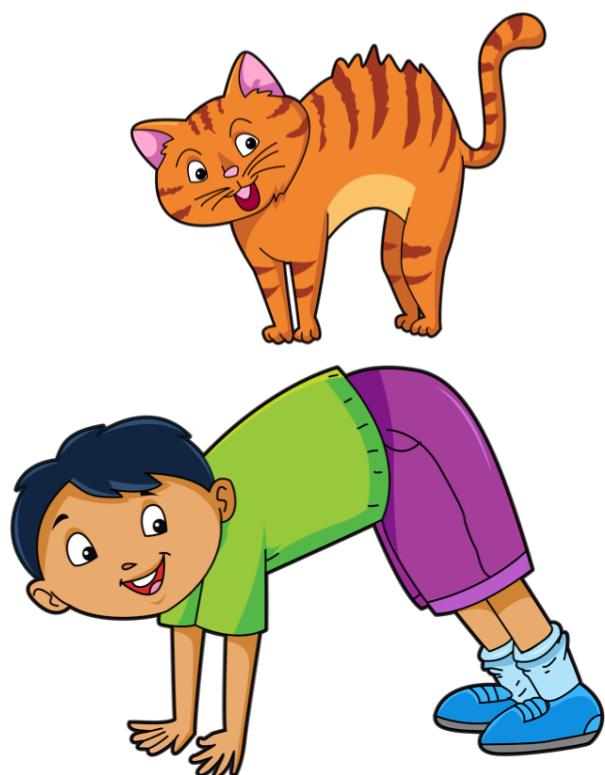
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BIRD WALK



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CAT WALK



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SNAKE WALK



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BEAR WALK

- Bend over, place hands on the floor
- Keep arms and legs straight and back flat
- Move right hand/foot at the same time
- Move left hand/foot at the same time
- Keep head down

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BIRD WALK

- Stand on tip-toes
- Wave arms slowly up and down
- As wings move faster, run on tippy-toes faster
- As flapping slows, the bird comes to a stop
- Adult or leader can set the pace in a group

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CAT WALK

- Bend over and place hands on the floor.
- Keep arms and legs straight
- Arch your back to get your belly button far away from the ground
- Move sides of body together (i.e., right hand/foot)

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SNAKE WALK

- Sit up on your knees
- Raise both arms above your head to be the snakes body and head
- Sway your arms and body together as one, side to side

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