

Quick Ways to **calm** down

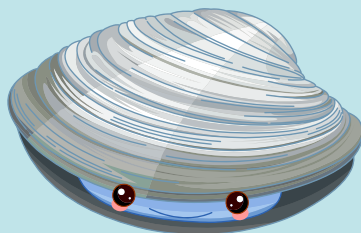
Sea Life Sensory Skills



Pufferfish Puff

Puff out your cheeks like a pufferfish does!

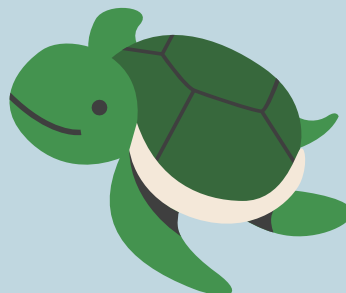
Fill your cheeks with air and hold for 5 seconds.



Clam Cuddle

Wrap your arms around yourself like a clam shell!

Place each hand on the opposite shoulder and squeeze.



Turtle Tongue

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

Stick your tongue out and quickly hide it again. Repeat.



Starfish Stretch

Stretch out your arms and legs like a starfish!

Reach your arms and legs out wide. You can lie down, too!

