



## **In Focus: Grades K–2**

### **Waking Up the Brain**

1. Put pressure on the body (see pages 13 and 154).
2. Tape a string to students' desks so they can twist it.
3. Put some bumpy paper or artificial fur on students' desks so they can rub it.
4. Put resistance bands around the legs of students' chairs or desks so they can push their legs or feet into them.
5. See the calming exercises discussed in Weeks 3 and 4.