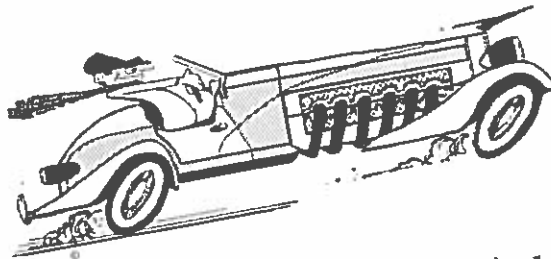
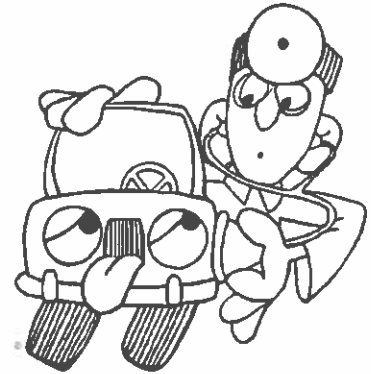


CHANGING HOW ALERT YOU FEEL

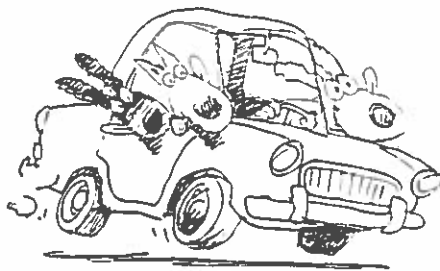
If your body is like a car engine, sometimes you may feel like your engine is running in
high speed,



in low speed,



or "just right".



When your engine is in high speed, you may find it difficult to pay attention, to sit quietly in your seat, or get your work completed. When your engine is in low speed, you also may find it hard to concentrate, you may "daydream" easily, or feel like a "couch potato." When you are in the "just right" place, it's usually easier to pay attention, to get your work done, and to have fun.



If you want to change your engine speed from high or low to get into the "just right" feeling, you may want to try the following:

CHANGING HOW ALERT YOU FEEL

1. PUT SOMETHING IN YOUR MOUTH:

- eat hard candy (sugarless if you want)
- eat crunchy food: pretzels, popcorn, nuts, apples
- eat chewy food: gum (1 or more pieces), raisins, bagels, chunks of cheese
- eat sour food: pickles, sour candy
- eat sweet food: fruit or candy
- drink from a straw: use an "exercise bottle" to drink liquids such as a milkshake, a "Slurpie" (partially thaw a frozen drink), or other drinks
- try a combination such as trail mix (crunchy, chewy, sweet), Starburst (chewy, sweet, and tart), or chips dipped into salsa (crunchy and spicy)
- use green rubber tubing
- take slow deep breaths

2. MOVE: (try moving before you need to concentrate - ex: homework)

- do isometrics (push arms on a wall or push hands together)
- walk quickly (in school or take the dog for a walk)
- run up and down steps
- do an errand for a teacher
- shake head quickly
- roll neck slowly in circular motion
- jump up and down or try to jump to touch a door frame
- play sports - basketball, swimming, baseball, frisbee, etc.
- do aerobics with a group or at home to music
- dance
- use a therapy ball

3. TOUCH:

- try holding and "fidgeting" with a Koosh Ball, paper clips, rubber bands, straw, jewelry, or clay
- rub gently or vigorously on your skin or clothing
- take a cool shower or warm bath
- wash your face with a cold or hot wash cloth
- pet or play with an animal
- hold or lean up against stuffed animal or large pillows

4. LOOK:

- put bright lights on in room if you are in low speed
- dim the lights if you are in high speed
- clear off the table you are working on if it distracts you
- watch fish in an aquarium
- read a book or look at magazine

5. LISTEN:

- listen to classical type music (even, slow beat)
- listen to hard rock type music (loud bass, uneven beat)
- use a personal cassette player if the music bothers someone else
- avoid loud, noisy places if you are in high speed or if it bothers you when you are trying to concentrate