

1. "Book-ends"



2. "Opera Singer"



3. "Blast-off!"



4. "I Dunno"



5. "On Your Mark!"



6. "Squish Your Foot"



7. "Chair Push-Ups"



8. "Deep Breaths"



2. "Opera Singer"

Curl the fingers of each of your hands into a semi-circle and then link them together, one palm facing up and one facing down, in front of your body. Pull your elbows away from each other, in opposite directions, while keeping your fingers interlocked. Sustain pulling for a count of "5" and then relax for a count of "5". Repeat this 3-5x. Do it again with the other hand on top.

Adapted by V. Roodbol from [Take Five! Staying Alert at Home and School](#) by Williams and Shellenberger, TherapyWorks Inc., NM, 2001.

1. "Book-ends"

Place palms of hands together, fingers pointing to the ceiling, elbows out. Push palms together for a count of "5" and then relax for a count of "5". Repeat this 3-5x.

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4. "I Dunno"

Shrug your shoulders, pulling them towards your ears. Hold for a count of "5" and relax for "5". Do this 3-5x.

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3. "Blast Off!"

Interlock your fingers and place them on your head. Stretch upwards until your arms are straight above your head for a count of "5" and then relax to the start position for a count of "5". Repeat this 3-5x.

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6. "Squish Your Foot"

Put the toes of one foot on the toes of the other. Push up with the bottom foot and down with the top foot. Hold for "5". Switch feet. Do this 3-5x on each side.

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5. "On Your Mark"

Put the palms of your hands on your knees. Alternating between your right and left sides, push up with your knee so your heel is off the floor while pushing down with your hand. Hold each side for "5", 3-5x on each side.

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8. "Deep Breaths"

Breathe in through your nose for a count of "5". Hold for "5". Then, blow out your breath through your mouth as if you are slowly blowing out the candles on a birthday cake, also for a count of "5". Repeat 3-5 times.

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7. "Chair Push-Ups"

Hold on to the sides of your chair with your hands by your hips. Scoot your bum forward so that you are not resting your back against the backrest. Push up on your arms until they are straight, lifting your bum off the chair. Hold for "5". Relax for "5". Repeat 3-5x.

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