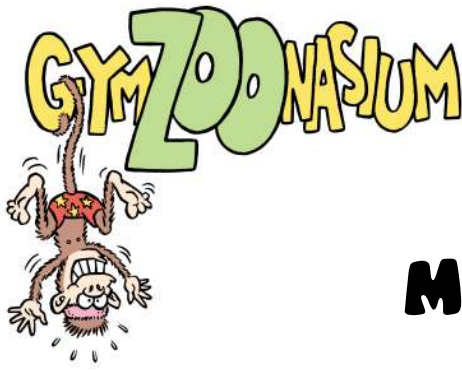




MONKEY HUG

PURPOSE

- Helps us with managing our emotions
- Helps us feel focussed and ready to learn
- Involves crossing the midline - an important developmental skill

INSTRUCTIONS

1. Give yourself a hug!
2. Give each part of your arms a squeeze (from your shoulders to your hands)
3. Squeeze along your arms (from your hands back up to your shoulders)

WATCH FOR

- Shoulders down and relaxed
- Crossing arms across the body
- Giving each arm a turn to be on top

MODIFICATIONS

- Try Monkey Hug with one arm at a time.
- Seated- Do Monkey Hug in your chair.

MORE CHALLENGING

- Try Monkey Hug while balancing on one foot

MAKE IT MULTI-SENSORY

- If you could hug any animal, which would you choose? What would it feel like?

