Exercises to Settle the Nervous System:

1. **Star Breathing:** Draw a star on a piece of paper or whiteboard. Using your finger, outline the star. When you go up the point, student breathes in through the nose. When at the point of the star, student holds breath for a couple of seconds. When going down the point, student breathes out through mouth. Repeat around each point of the star.

2. **Humming/vooing:** Student hums a song or makes a voooooo sound.

3. **Horse Lips** : Student loosely presses lips together and blows air out through lips.

4. **Basic moving Fast/Slow**: Have student stand up and make one type of movement(Run, dance, clap, etc…) in a fast pace and a slow pace. Repeat a few times.

5. **Orienting:** Have student look around the room and name 5 things that they see that they like. You can also try this with different sense: What are 5 things you hear, what are 5 things you smell, what are 5 things you feel?

6. **Contact:** Put a hand on students' backs or a heavy stuffed animal(like a snake or a sock full of rice) around his or her neck.