



Queen Alexandra College

ACTIVITIES TO ALERT / ENERGISE

The below links provide activities and exercises on flashcards that you can view online or download and print to use at home:

- [Ball Games](#)
- [Balloon Tennis](#)
- [Bright Lights and Smells](#)
- [Dancing](#)
- [Dynamic Catch](#)
- [Fidgets](#)
- [Fresh Air](#)
- [Launch Pad](#)
- [Reverse Body Roll](#)
- [Sensory Bins](#)
- [Shiver and Shake](#)
- [Trampette Swing](#)
- [Tunnel Crawl](#)
- [Upbeat Music](#)
- [Yoga Ball Bounce](#)

