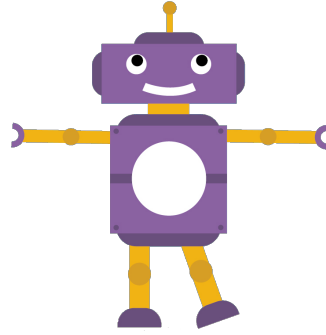


Ten sensory ways to help your child stand with you in line:



1. Stand on one foot for 10 seconds, then the other
2. Pat your head and rub your belly
3. Draw air circles with one hand going clockwise and one going counterclockwise
4. Make "Mary Poppins" feet
5. Learn to sign the language letters of the alphabet
6. Point to a body part (hand, leg, ear) on you or them and ask "left or right?"
7. Feet planted knees in, knees out
8. Play "I spy..."
9. Put a small object on their head (keys, pencil) and see how long they can keep it there
10. Rhyme time! Have them pick a word and count how many rhyming words they can name

