


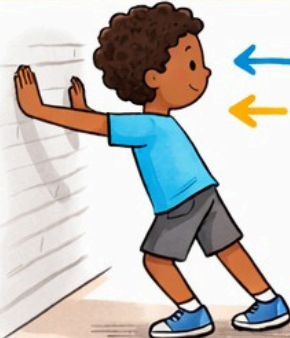
# Calming Corner Proprioception Activities

## Wall Sit



 Hold for 10 seconds

## Wall Push-Ups



→ Push in and out

## Balance on One Leg



## Squeeze Clay

Squeeze it!



Make it tight!

## Cat / Cow Pose



Cat - Round Back



Cow - Arch Back

## Spin Around

