

# Changing How Alert You Feel

## 1. PUT SOMETHING IN YOUR MOUTH:

- Eat hard candy (sugarless if you want)
- Eat crunchy food: pretzels, popcorn, nuts, apples
- Eat chewy food: gum, raisins, bagels, chunks of cheese
- Eat sour food: pickles, sour candy
- Eat sweet food: fruit or candy
- Drink from a straw: use an “sports bottle” to drink liquids such as a milkshake, Slurpie, or other thick drink
- Try a combination such as trail mix (crunchy, chewy, sweet), Starburst (chewy, sweet, tart), or chips dipped in salsa (crunchy and spicy)
- Use green rubber tubing
- Take slow deep breaths

## 2. MOVE: (try moving before you need to concentrate – ex: homework)

- Do isometrics (push arms on a wall or push hands together)
- Walk quickly (in school; or take the dog for a walk)
- Run up and down steps (be careful!)
- Do an errand for a teacher
- Shake head quickly
- Roll neck slowly in a circular motion
- Jump up and down or try to touch the top of a door frame
- Play sports – basketball, swimming, baseball, Frisbee, etc.
- Do aerobics with a group or at home to music
- Dance
- “doodle” on paper (if it doesn’t distract you)
- use a therapy ball

## 3. TOUCH:

- try holding and “fidgeting” with a Koosh ball, paper clips, rubber bands, straw, jewelry, or clay
- rub gently or vigorously on your skin or clothing
- take a cool shower or warm bath
- wash your face with a cold or hot wash cloth
- pet or play with an animal
- hold or lean up against stuffed animal or large pillows

## 4. LOOK:

- put bright lights on in the room if you are in low speed
- dim the light if you are in high speed
- clear off the table you are working on if it distracts you
- watch fish in an aquarium
- read a book or look at a magazine

## 5. LISTEN:

- listen to classical type music (even, slow beat)
- listen to hard rock type music (loud bass, uneven beat)
- use a personal cassette player if the music bothers someone else
- avoid loud, noisy places if you are in high speed or if it bothers you when you are trying to concentrate