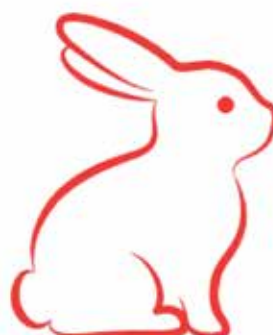
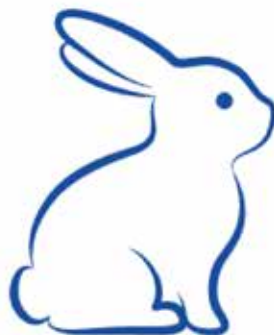
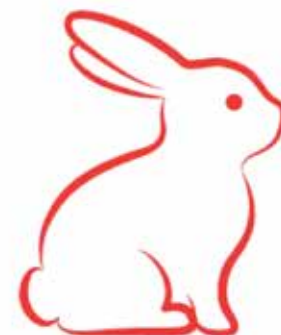
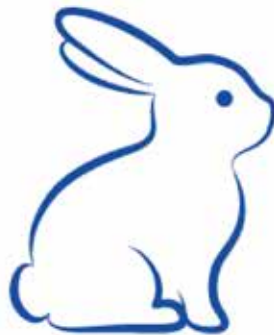
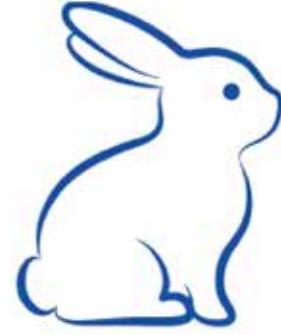
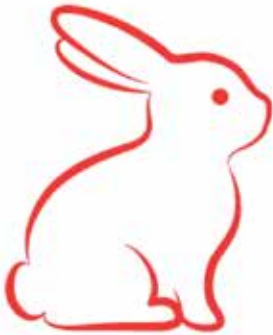
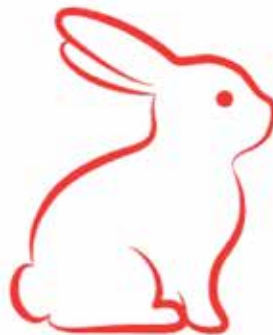
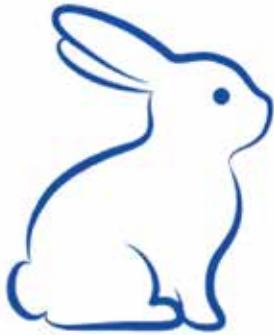


**Bop-Bink-Bounce Make-Your-Own Bunny Activity**



Make your own.

Handout for the Therapro webinar ***The Resilient Learner's Backpack:***  
***Movement that Shifts Nervous System States and Increases Resiliency***  
presented by Dr. Debra Em Wilson - April 9, 2024

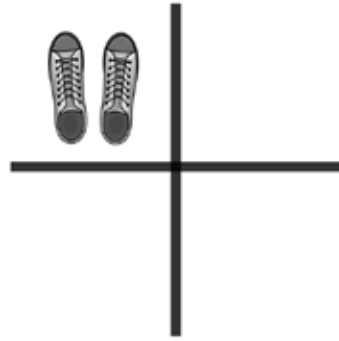
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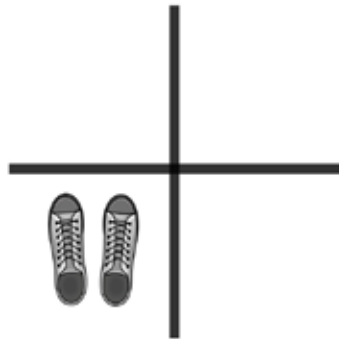
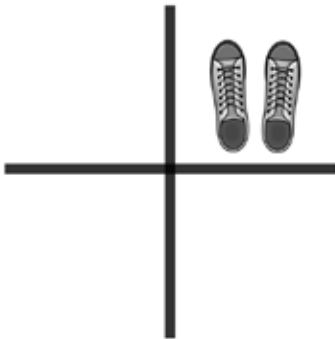
**Quadrant Jumps Activity**

Start

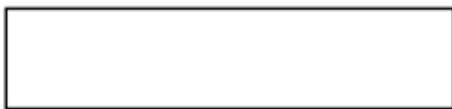
Row 1



Row 2



Row 3

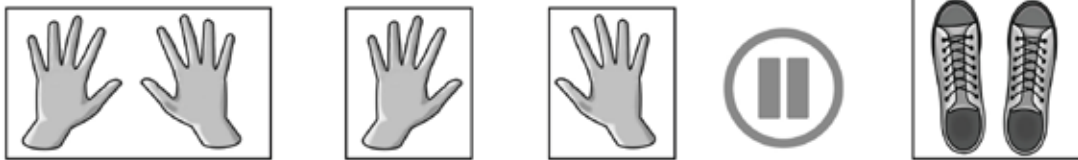


End

**Press and Pause Activity**

Start

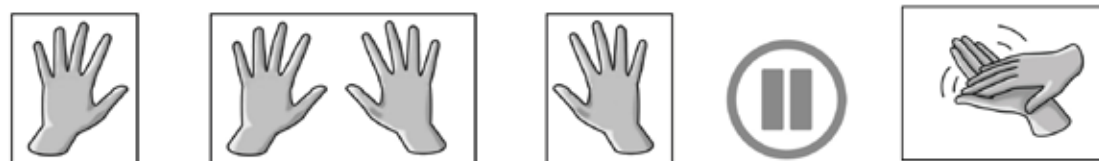
Row 1



Row 2



Row 3



Row 4





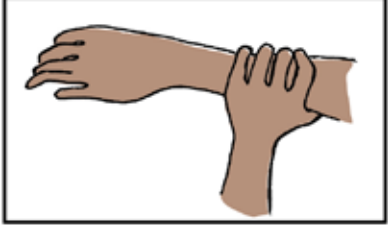





End

Handout for the Therapro webinar ***The Resilient Learner's Backpack: Movement that Shifts Nervous System States and Increases Resiliency***

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*The Resilient Learner's Backpack*

**Make a Bookmark Animal Activity**

<p><b>1. Listen</b> How am I feeling inside myself?</p> 	<p><b>3. Move</b></p>  
<p><b>2. Link</b></p> 	
	<p><b>4. Sync</b></p>
	 <p><a href="http://www.schoolmoves.com">www.schoolmoves.com</a></p>

Directions: Copy, fold, and laminate to make a bookmark for an easy prompt tool to help learner shift back to a learning state.

### Quick and Quiet Activity

Start  
Row 1



Hop 3 times.



Run in place.  
Count to 10.



Shhhh. Get small and  
quiet. Take 2 breaths.

Row 2



Box 5 times.



Stomp right foot and  
then left foot 4 times.



Run in place.  
Count to ten.

Row 3



Shhhh. Get small and  
quiet. Take 2 breaths.



Hop 3 times.



Box 5 times.

Row 4



Stomp right foot and  
then left foot 4 times.



Box 5 times.



Shhhh. Get small and  
quiet. Take 2 breaths.

End




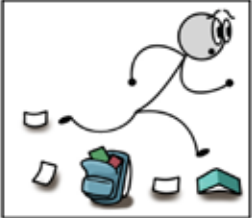


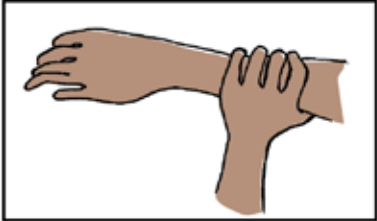

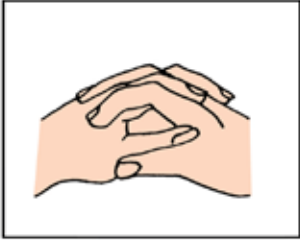
Handout for the Therapro webinar ***The Resilient Learner's Backpack:***  
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**Make a Bookmark Activity**

<p><b>1. Listen</b></p> <p>How am I feeling inside myself?</p>  <p><b>2. Link</b></p>    	<p><b>3. Move</b></p>    <p><b>4. Sync</b></p>  <p>www.schoolmoves.com</p>
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Directions: Use this bookmark for a reminder of ways you can shift your states when needed. Cut out and fold at center. Laminate if resource is available.