

Unthinkable: Energy Hare-y



Books:

- *If Everybody Did*, Stover, J.
- *Too Loud Lily*, Laguna, S.
- *Little Miss Trouble*, Hargreaves, R.
- *David Gets in Trouble*, Shannon, D.
- *Always in Trouble*, Demas, C.
- *Its Hard to be a Verb*, Cook, J.

DVDs:

- *Home Alone*
- *Finding Nemo*
- *The Incredibles*
- *Despicable me*

Songs:

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| • Classical music | "Calm Down Boogy", Betsy Rose |
| • Nora Jones | "I am Breathing", Betsy Rose |
| • Enya | "Breathing I, Breathing Out", Betsy Rose |
| • "You talk to much", Joe Jones | |

Games/Activities:

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|------------------|------------------------------------|
| • Stretching | Deep Breathing |
| • Yoga | Sit in a big beanbag |
| • The Quiet Game | Hotdog/Taco (roll up in a blanket) |
| • 7-up | |

Role Playing Scenarios:

- The class just celebrated Actor 2's birthday with cupcakes. Actor 1 is super excited and ate her cupcake really fast. Now she's running around the room trying to talk to everyone. What strategies should Actor 1 use?
- Actor 1 got to play bowling in gym today! Bowling is Actor 1's favorite game. Actor 1 goes back to class and doesn't stop talking about bowling and can't sit still. What strategies should Actor 1 use?
- Actor 1 is listening to the teacher but is rocking back and forth and drumming his fingers on his lap. What strategies should Actor 1 use?

Videos: Search YouTube for:

- [Too Much Energy to Sit Still](#)
- [What happens when you eat too much sugar](#)