



Sensory Detective

Today's Mission

What helps my body feel ready?

Be a detective! Look for clues, try a strategy, and discover what works for your body.

Step 1: What clues did my body give me?



- My body was tired
- My body wanted to move
- It was hard to pay attention
- Things felt too loud and busy
- My muscles felt tight
- My heart was beating fast
- Something else: _____

Step 2: What did I investigate?

- Jumping
- Animal walks
- Wall pushes
- Stretching
- Deep breaths
- Quiet space
- Water
- Fidget
- Something else: _____

Step 3: What did I discover?



- That helped my body
- It helped a little
- I'll try something different next time

My detective discovery

Today I discovered that:
