

## Sensory Regulation with Winnie the Pooh Characters

### Too LOW

Poor posture, head down, lethargic, unengaged



### Just Right

Focused, engaged in play, happy, able to follow directions and transitions.



### Too High

Running, jumping, climbing, unable to set still in constant movement, chewing on objects, unable to keep hands to self



When I feel like Tigger



I Need





When I feel like Eeyore I need





# When I am just right I Can

