

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

