



Read on to learn how a pair of boxing gloves can go a long way toward encouraging calmer, more focused behavior in the classroom!

### **1 || Put them on**

They are heavy, awkward and pretty challenging to get onto your hands if you're a newbie! Sometimes the simple task of putting the gloves on can provide enough proprioceptive feedback/heavy work to calm fidgety hands and bodies.

### **2 || Name punching**

Once those gloves are actually on, it's time to use them! Place letter stickers on the wall and "punch" out your name! This activity is great for visual processing!

### **3 || Boxing moves**

Channel your inner Rocky Balboa and try some punch combinations for a great cardio, balance and coordination boost. Try jabs, crosses, hooks, and upper cuts.

### **4 || Punch to the beat**

Put on some music with a great beat and try using your auditory system to punch to that beat. Try songs with fast and slow rhythms to challenge the child to change speeds. This is great for self-regulation.

### **5 || Jumping jacks**

Get a great movement break against resistance by doing jumping jacks with boxing gloves on.

### **6 || Hand clapping games**

Hand clapping games can be twice as fun with boxing gloves and, again, adds a hefty dose of proprioceptive input.

### **7 || Knock downs**

Try setting up a bolster vertically and punch with those boxing gloves until you knock it down!