

PUSH, PAUSE & POWER!

Use your muscles. Take a pause. Notice how your body feels.



BEST FOR

3–8 kids



AGE

8–15



TIME

10–15
minutes



GOAL

Use gentle pushing activities to release energy, practice self-regulation, and notice how the body feels before and after.



ROUND 1: PILLOW POWER

Give each child a pillow or soft cushion.

LEADER SAYS:

“Your pillow is super strong! Can you push it without moving it?”



1



Place both hands on the pillow.

2



Push gently for **5 seconds**.

3



Relax your arms.

4



Shake out your hands.

5



Repeat 2–3 times.

FUN VARIATION:

Give the group a challenge:

“Can everyone push at the same time—and freeze when I say **STOP?**”



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Remember: There is no right or wrong way to play. Listen to your body and take breaks whenever you need to.

This simple game idea can offer a few minutes of safe movements to rewire our brains into positive feelings and emotions, especially when we start thinking about seizures.