

STEADY GROUND

Free Starter Pack

Three printables to try, pulled from the full collection. If these are useful, there's more where they came from.

What's inside:

- ✓ My Brushing Time Steps (colorful kids version)
- ✓ Get Ready to Read (focus warm-up routine)
- ✓ Household Heavy Work Cards (no equipment needed)

Want more? Fine motor pattern practice, sensory regulation card decks, a full laminate-and-Velcro morning routine system, and more.

See the full collection on Etsy → [7ayah7elweh.etsy.com](https://www.etsy.com/shop/7ayah7elweh)

STEADY GROUND

My Brushing Time Steps

Follow along in order, one step at a time!

Name: _____

1



Wet your toothbrush

2



Add a pea-sized bit of toothpaste

3



Brush the outside — top and bottom

4



Brush the inside — top and bottom

5



Brush your tongue, gently

6



Rinse and spit

7



Rinse your brush and put it away

Tip: laminate this page or slip it into a plastic sleeve so it can be checked off with a dry-erase marker.

STEADY GROUND

Get Ready to Read

A quick warm-up for your body, so your brain can focus. Takes about 2 minutes.

Name: _____

1



Wiggle it out

10 jumping jacks, or big stretches reaching up high and down low.

2



Push hard

Press your palms together as hard as you can and count to 10. Or do 5 wall push-ups.

3



Take 3 big breaths

Breathe in slow through your nose, out slow through your mouth. Three times.

4



Pick your fidget

Grab something to hold or squeeze while you read, whatever keeps your hands busy.

5



Now let's read

Your body did its job. Time to sit down and start.

Do this before homework time too, it works for more than just reading.

STEADY GROUND

Household Heavy Work Cards

No special equipment, just things you already have at home. Pick a card, set it up, and go.



Laundry Basket Push

Fill a laundry basket with books or toys. Push it across the room like a sled.

Uses: laundry basket



Pillow Jump Path

Line up couch cushions or pillows on the floor. Jump from one to the next without touching the floor in between.

Uses: couch cushions or pillows



Crab Walk Race

Hands and feet on the floor, belly facing up. Crab walk across the room and back.

Uses: nothing at all



Blanket Sled Pull

Sit on a towel or blanket. Have someone pull you gently across the floor.

Uses: towel or blanket



Book Balance Walk

Balance a book on your head. Walk across the room without letting it drop.

Uses: a book



Sock Skate Slide

Wearing just socks, push off and slide across a smooth floor.

Uses: socks, a smooth floor



Paper Towel Toss

Toss a roll of paper towels into a laundry basket from a few steps away.

Uses: paper towels, laundry basket



Blanket Fort Crawl

Drape a blanket over two chairs to make a tunnel. Crawl all the way through.

Uses: blanket, two chairs

Heavy work (pushing, pulling, crawling, carrying) helps organize and calm the nervous system. Mix and match for a full obstacle course.