



# WHEN THINGS FEEL TOO BOUNCY!



Over energised tamariki can be really fun, or really NOT fun!

Here are a few ways to take the energy levels down a notch or two:

- Burning it off - dance, run around outside and maybe provide a little bit of focus with a ball or some chalk for hopscotch. This helps to unscramble the energy and allows tamariki to concentrate (redirect that energy!).
- Try to bring tamariki attention to activities that are calming - these generally involve something to do but which don't have lots of structure - water play (an early bath or shower might do the trick), playdough, slime, mud, colouring or drawing.
- Ride the [Energy Rollercoaster](#) - not only can it help tamariki end up in a chilled state, it enables them to reflect on, and have a kōrero about, the appropriateness of different energy levels.

