

SWEAT SCALE

FOR INTERACTION AND REGULATION



SIGNIFICANT SWEAT LEVEL to connect with child

- Lifting child up and down
- Burrito
- Blanket swing
- Playing chase



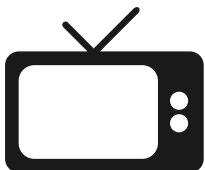
MODERATE SWEAT LEVEL to connect with child

- Rolling a ball
- Blowing bubbles
- Rolling the child seated or on a yoga ball



LOW SWEAT LEVEL to connect with child

- Singing a song
- Reading a book
- Pointing and labeling in environment
- Playful imitation



SWEAT FREE for recovery time for caregiver

- watching screen