The READY Route™

Part of The **REGULATION** Collection™

The READY Route™ is part of The REGULATION Collection™ by Two Thirds Design, offering a structured approach to help pupils regulate their energy and focus for learning.

Extension & Differentiation Ideas

These extensions allow staff to adapt, challenge, increase engagement, and tailor activities to suit different pupil needs, abilities, and energy levels.

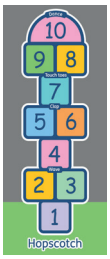
Mat 1 – Star Jumps



Adaptations & Extensions:

- For lower impact, complete a stepping star (step out instead of jump)
- Start in a squat and jump into a star shape for explosive movement
- Run on the spot for 10 seconds, then complete 10 star jumps
- Add a clap above the head on each jump
- Count in multiples (e.g. 2s, 5s, 10s) while jumping
- Call out a number—pupils complete that many jumps

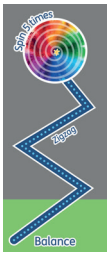
Mat 2 – Hopscotch



Adaptations & Extensions:

- Add actions while moving: wave > clap > touch toes
- Count each jump out loud
- Complete with hands on head to challenge balance
- Wear a rucksack for added proprioceptive input
- Hopscotch backwards or sideways
- Spell a word (e.g. name or topic word) with each hop
- Pause on each square and hold balance for 3 seconds

Mat 3 – Balance & Spin



Adaptations & Extensions:

- Balance and spin while touching your nose
- Balance with a beanbag on your head
- Add a rucksack for increased challenge
- Spin slowly, then freeze in a balance position
- Count spins aloud or follow a set number
- Balance on one leg before and after spinning
- Add a target focus point to reduce dizziness

Mat 4 – Pat Your Head, Rub Your Tummy



Adaptations & Extensions:

- Swap arm actions (reverse coordination)
- Recite the alphabet or times tables while moving
- Complete the task sitting down for stability
- Change speed (slow motion > fast)
- Add a second instruction (e.g. lift one foot)
- Say days of the week or spell words aloud
- Work with a partner and mirror each other

Mat 5 – Get Creative



Adaptations & Extensions:

- Travel in different ways: step, crawl, bunny hop, side-step
- Teacher/TA calls a colour—pupil hits the matching splat
- Hit a splat and spell the colour aloud
- Combine instructions: foot + hand + colour
- Create sequences (e.g. red > blue> yellow)
- Add memory challenge: repeat a sequence of colours
- Introduce subject links (maths answers, phonics sounds)
- Time challenges: how quickly can you complete the route?

Mat 6 – Breathing



Adaptations & Extensions:

- Sit with a cosy blanket
- Squeeze a stress ball while tracing with the other hand
- Play calming music or nature sounds
- Count breathing in and out (e.g. 4 in, 4 out)
- Add guided imagery (e.g. "blow up a balloon")
- Trace slower or faster to match breathing pace
- Use a partner to model calm breathing

Mat 7 – Stretching



Adaptations & Extensions:

- Touch toes, then reach high while balancing on toes
- Add looking up to the ceiling for extra challenge
- Try with eyes closed (advanced balance)
- Hold each stretch for a count of 5–10
- Add side stretches or gentle twists
- Balance on one leg while reaching
- Create a short stretching sequence to repeat

Additional Whole-Route Ideas

- Use timers to add pace or structure
- Add music to support rhythm and engagement
- Use visual cards or symbols for independent use
- Build into daily routine (start of day / after lunch)
- Encourage pupil leadership (children lead stations)
- Adapt intensity depending on pupil arousal levels

Key Principles

These adaptations allow you to scale up or down:

- Increase challenge > more coordination, memory, dual-tasking
- Decrease challenge > slower pace, simplified movement, more repetition



Roll out. Regulate. Reset.

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