

SUPERMAN

The child will:

- Lying flat on his stomach, have the child raise his chin off of the floor, bring his extended arms overhead close to his ears, and lift his straightened legs off the floor.
- His body should be taut, only touching the floor at the midriff. Arms and legs should be fully extended. Thighs should not be touching the floor.
- Ask the child to hold this position for 20 seconds. Repeat 3 times.

Performance Objectives:

- Inhibition of Labyrinthine Reflex, stimulate prone extension and postural muscles.
- Facilitation of motor planning.

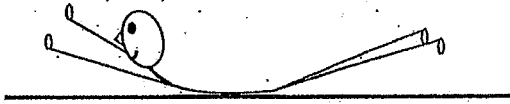
Further Suggestions:

- Please see *Ready Bodies, Learning Minds* Book, Chapter Two.
- Use carpet squares for comfort.
- Use an auditory stimulus, (such as a loud clap or whistle or music) to move children quickly and automatically into position.

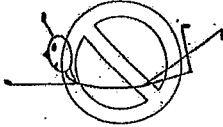
1. Starting Position



2. Superman



There should be no rocking, rolling, or waving of arms.



LR
prone
ext.

R
E
F
L
E
X

Superman

Do 5 times each
Hold for at least 10 seconds
See if they can break
a record & get longer

Activity Level:

Low

Level of Difficulty:

Moderate

Superman

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1. Cocoon



I'm a cocoon sleeping in the night.
I roll to my back and curl up tight.

Refer to *Scool Moves for Learning* book, Chapter 5, pages 53-62.

Cocoon

- Give yourself a hug
- Legs up
- Head up

Do 5 times each
Hold for 10 seconds
or longer

ROLLING, ROLLING, ROLLING

The child will:

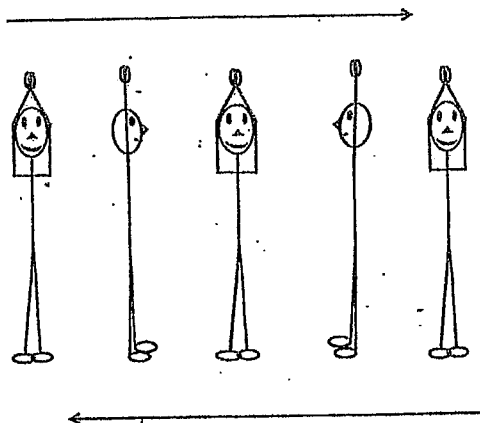
- Lie on the floor, feet together, arms extended over head and hands together.
- Roll as one unit along a straight line going in one direction, then the other.
- To assist the students with rolling in a straight line, provide a guide on the floor, such as a length of bubble wrap or foam strips.

Performance Objectives:

- Stimulate vestibular responses due to rotary movement.
- Experience different tactile stimulation as they roll over different textures.

Further Suggestions:

- For children who seem to have trouble beginning a body roll, tell them to lead with their eyes. "Eyes go first" encouraging the head and upper trunk to turn.
- For children who roll with their legs apart, or kicking forward with their feet, ask them to hold an eraser between their knees as they roll.
- Roll in and out of blankets. Use a path of pillows, etc.



Log Roll

Have them roll to different toys
Have them keep their eyes
on the toy the whole time
they roll.

Activity Level:

High

Level of Difficulty:

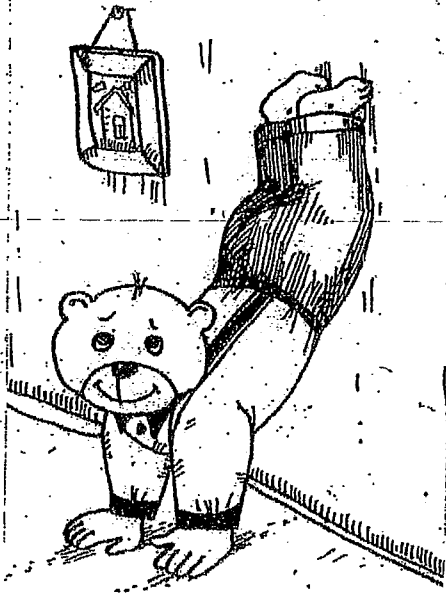
Easy

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Spiderman

You may need to assist them to get their feet on the wall. Cant each time & try to beat previous time

Do 3-5 times



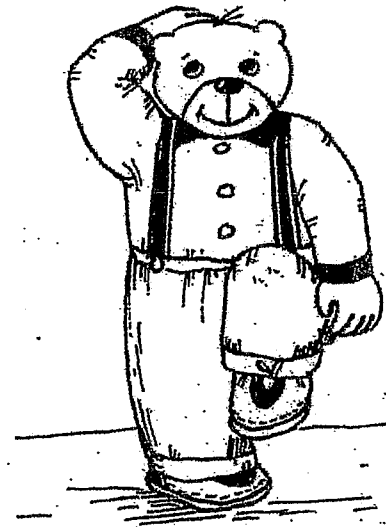
This helps with developing hand strength for handwriting, core strength for sitting & can be calming

Stand on 1 foot

Do with eyes open

Do with eyes closed

Try not to wiggle but still like a statue



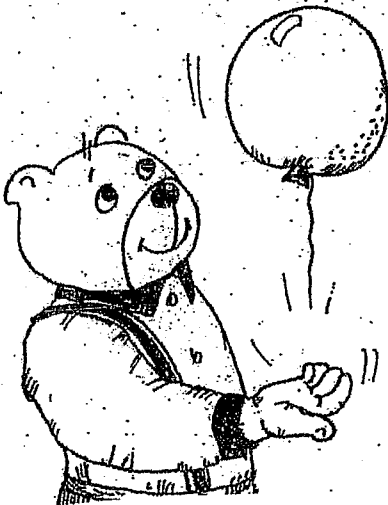
Balloon Tap

Tap just above head

Follow with eyes

See how many taps with 1 hand without moving from spot.

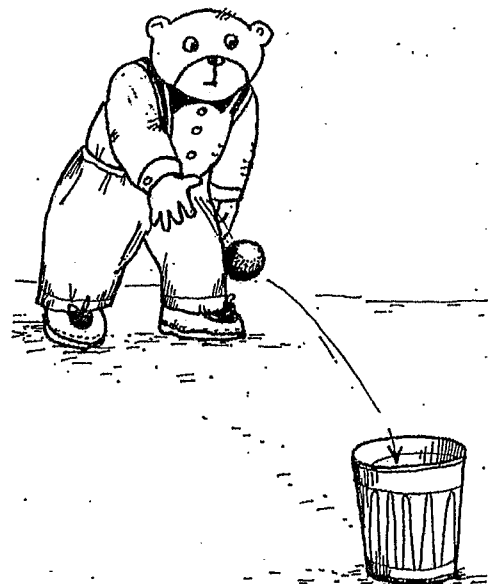
Try tapping 1 hand then other hand



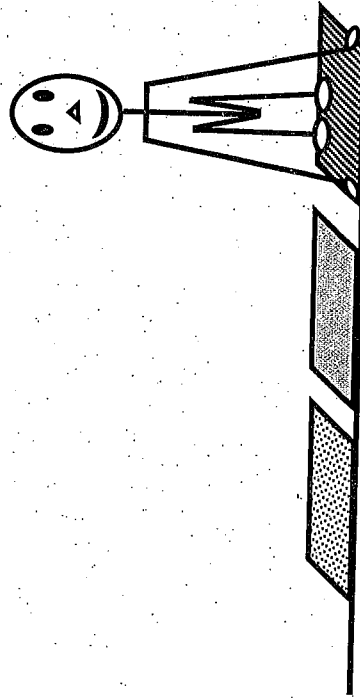
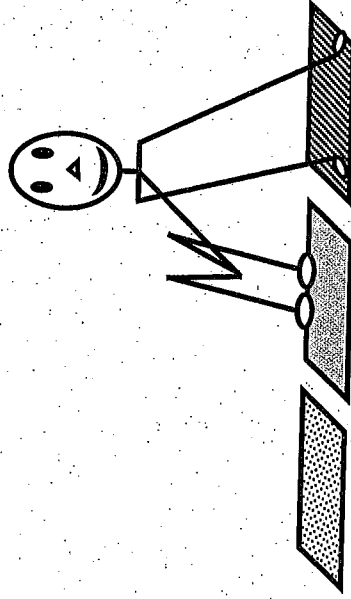
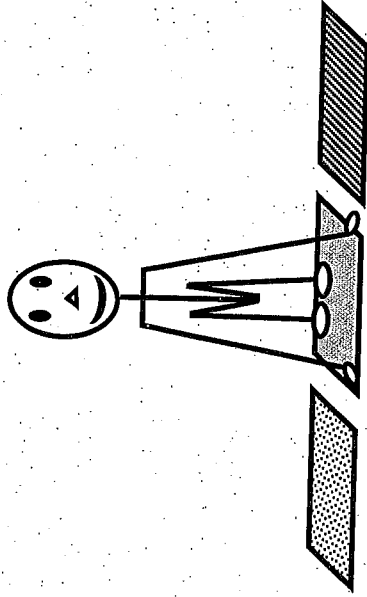
Ball Toss

Use balls or rolled up socks to throw in a garbage can or box.

Be creative!



MONKEY HOP



The child will:

- Squat with hands flat on the square/color provided.
- Both hands will move to the right or left as directed. The feet will then jump to the same side as the hands in a separate distinct motion.
- The child will repeat this motion to the end of the path provided and return in the same manner to the beginning of the path.

Performance Objectives:

- Develop motor planning skills and problem solving skills.
- Improve equilibrium responses and balance.
- Increase kinesthetic understanding of body in space.
- Encourage crossing of the midline, laterality, bilateral motion.

Further Suggestions:

- The instructor may set out a pattern of the squares/colors used in a template or drawing on the floor for the child to follow.
- Letters for spelling words, or words for sentence structure may be used. Have the child say the letter or word out loud as he moves.

Activity Level:

High

Level of Difficulty:

Moderate to Difficult

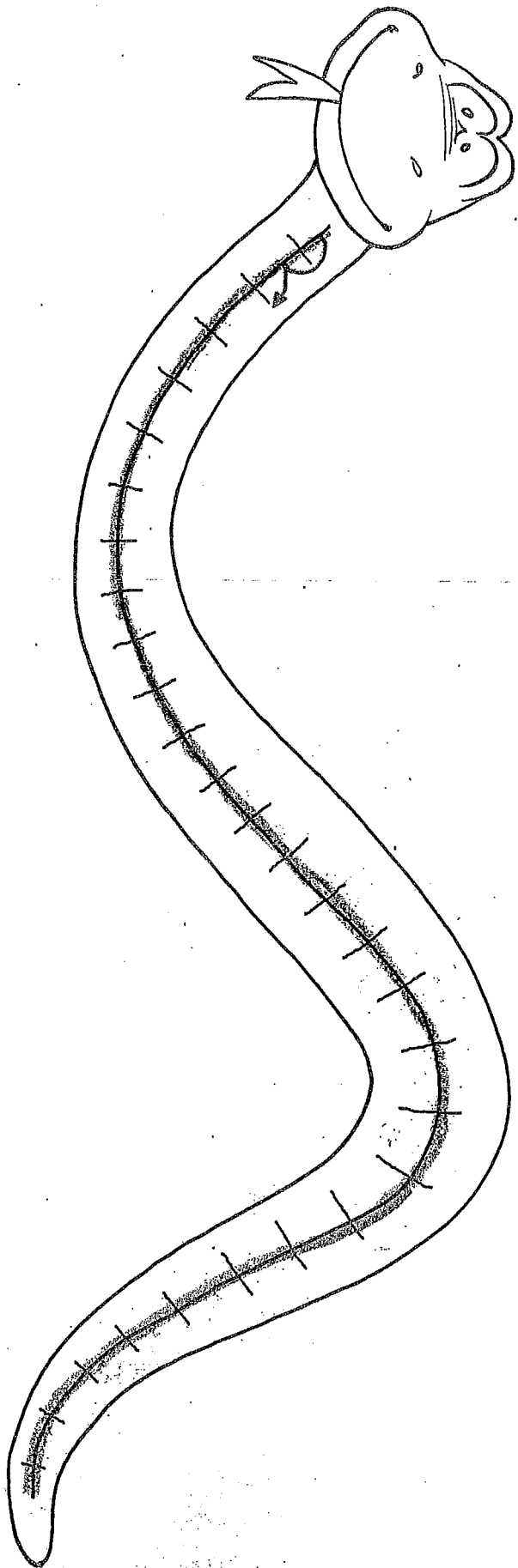
Monkey

Hop

Booklet 2B

Can you give the snake a pattern?

Make



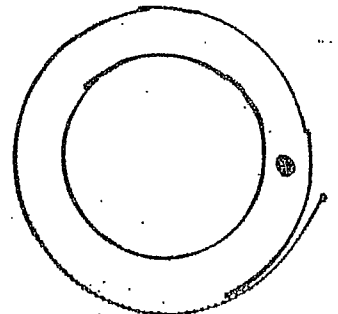
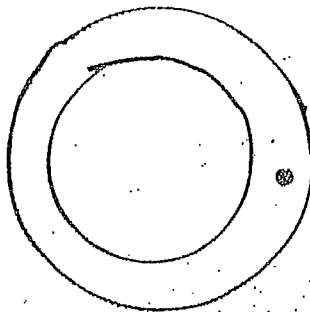
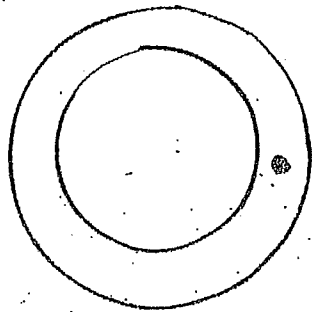
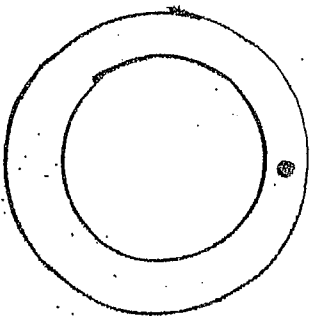
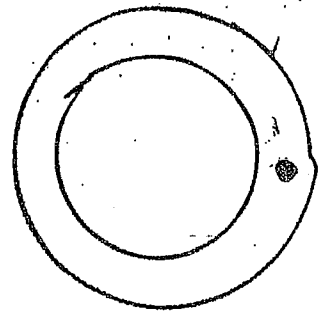
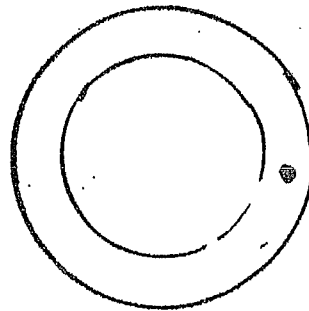
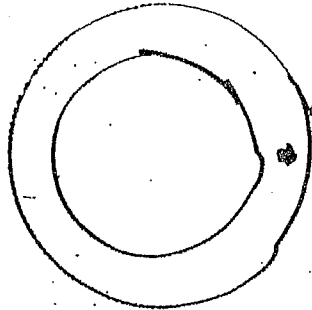
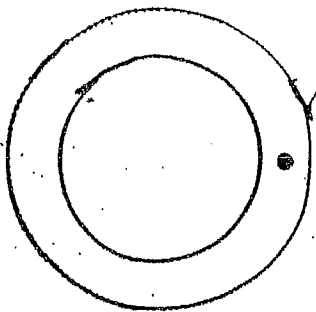
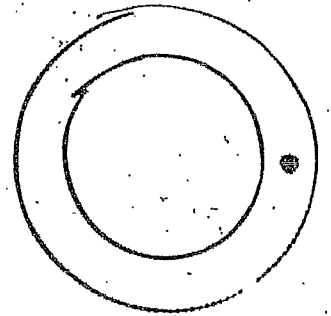
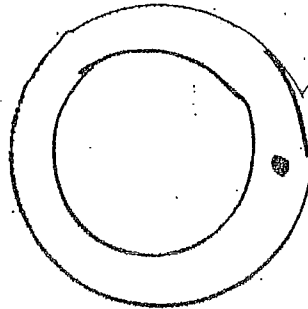
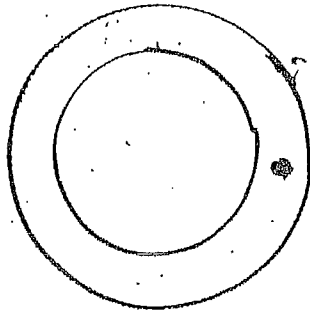
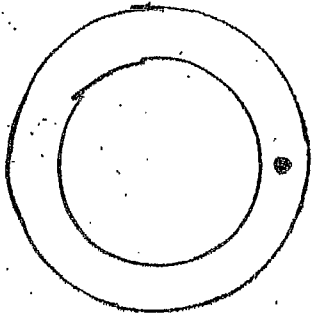
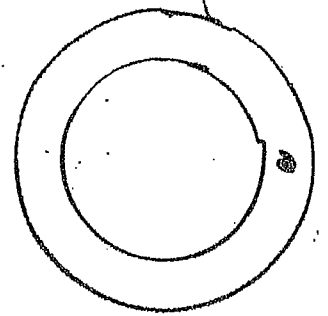
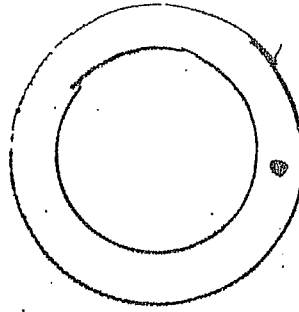
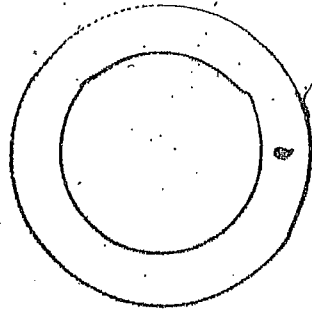
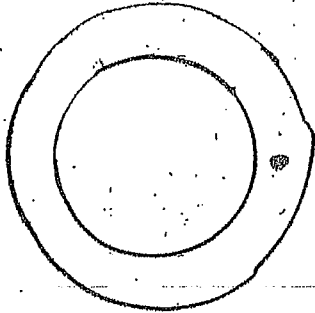
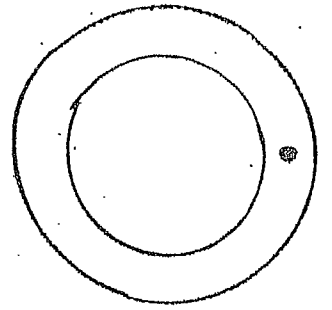
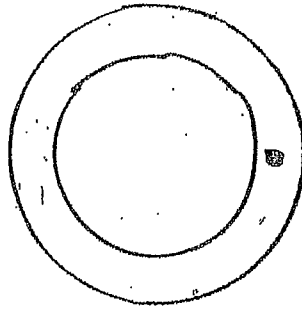
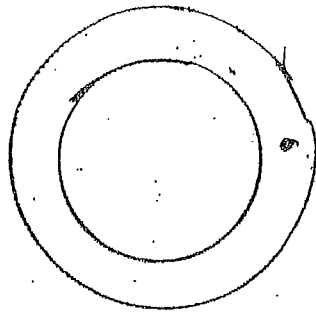
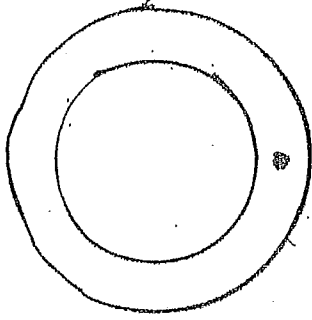
Now color in the pattern.

W w Booklet 2B

W w

W w

Connect dot inside circle
Counterclockwise



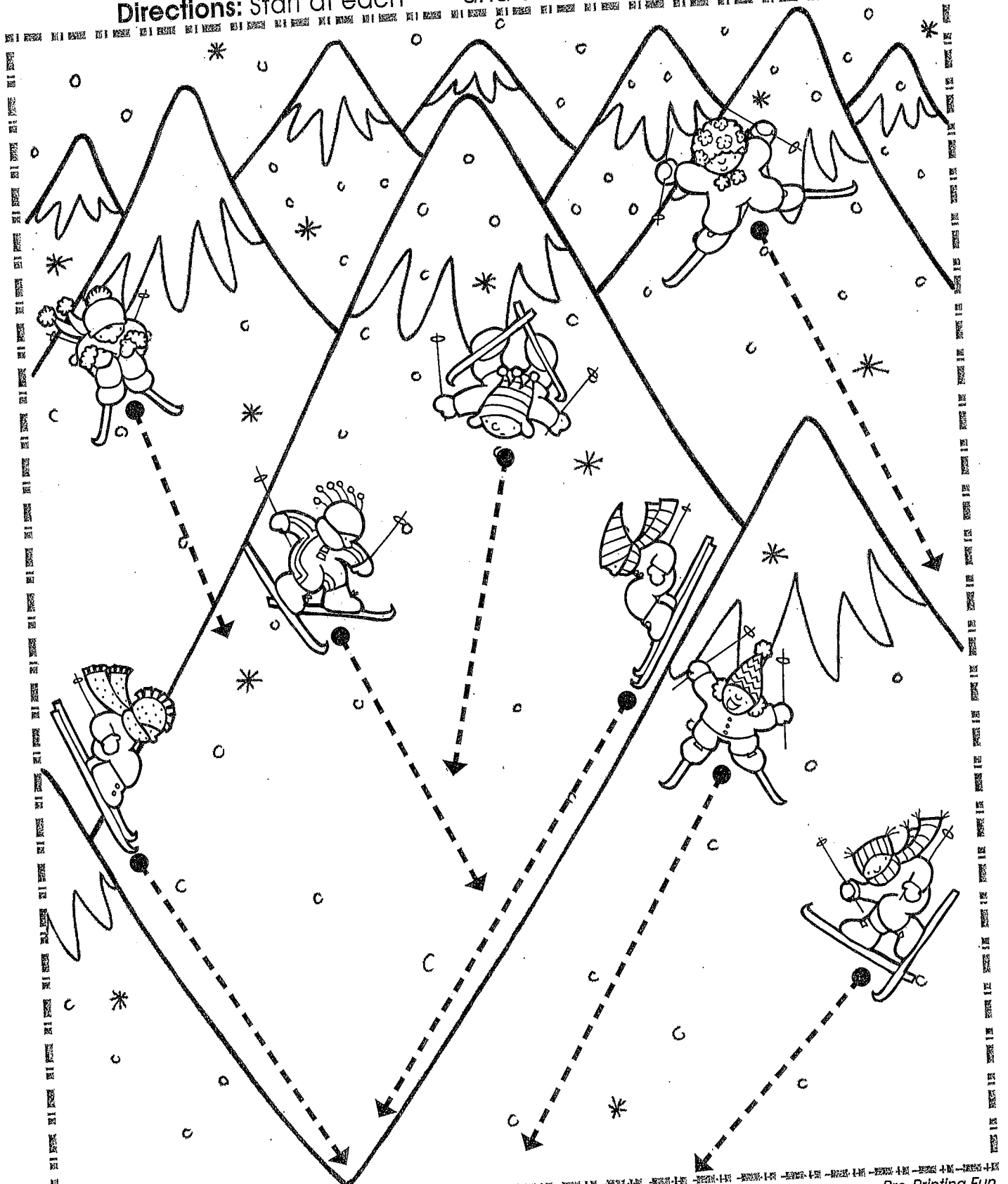
1 1/2 "

(down slanted lines)

Name _____

Let's learn how to draw a "down" slanted line.

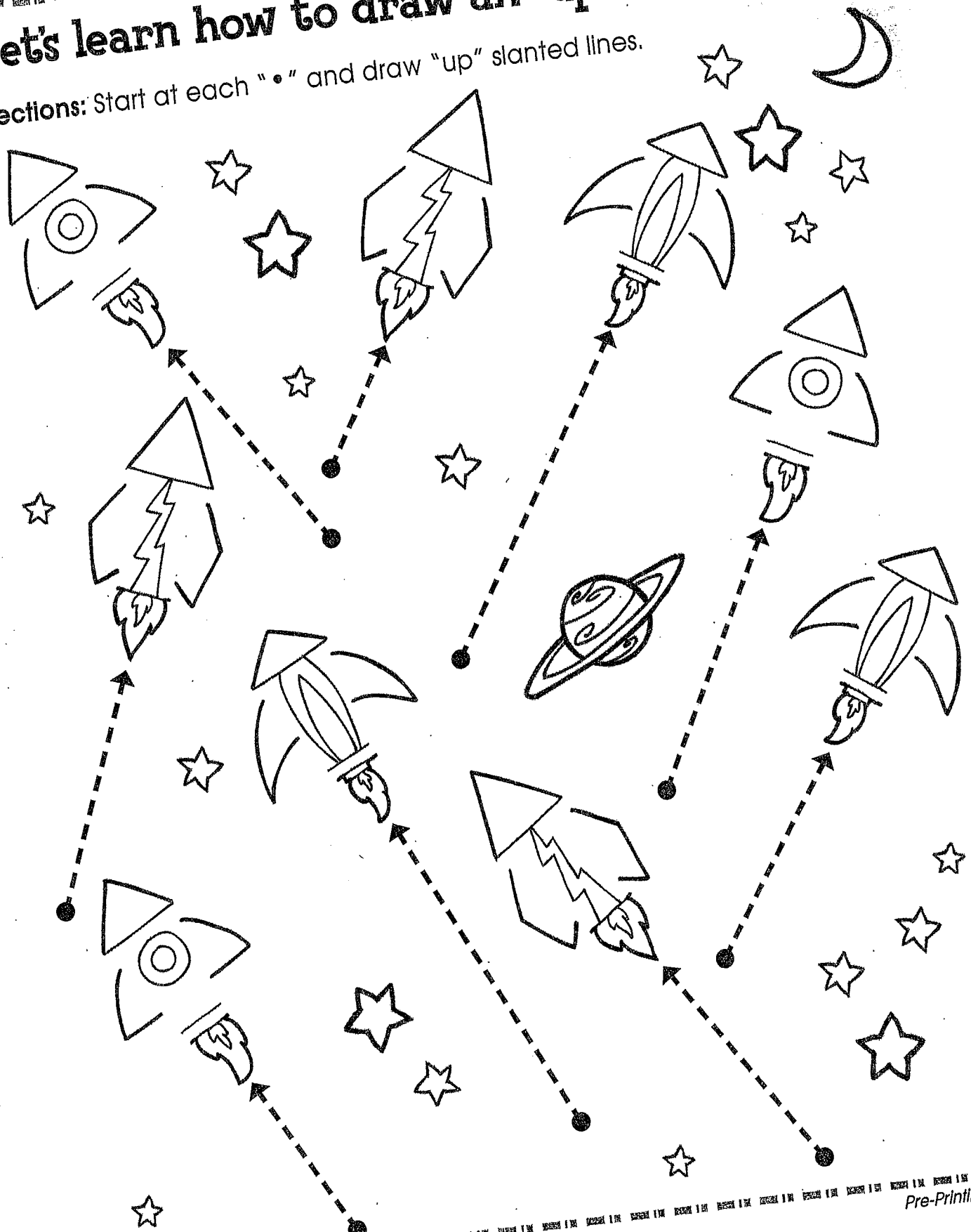
Directions: Start at each "•" and draw "down" slanted lines.

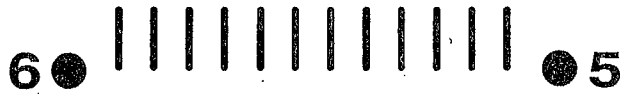
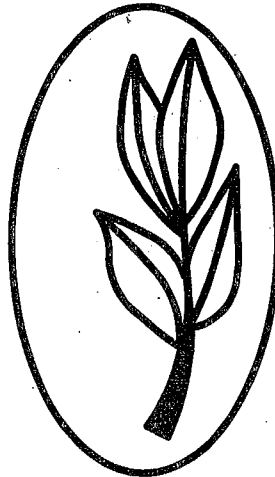
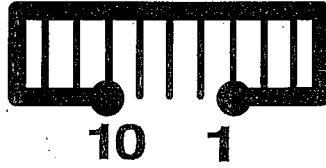


Name _____

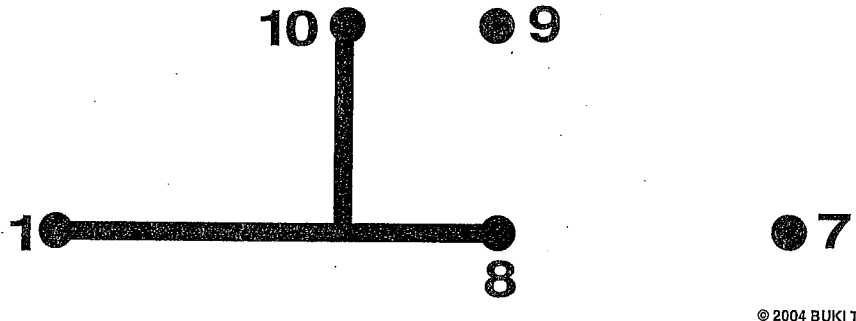
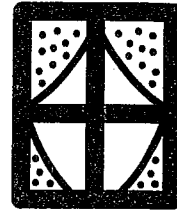
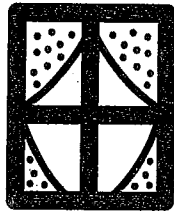
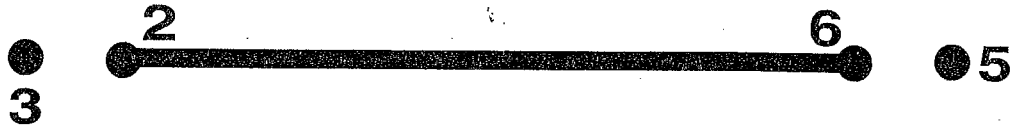
Let's learn how to draw an "up" slanted line.

Directions: Start at each "•" and draw "up" slanted lines.





4 ●



8

