

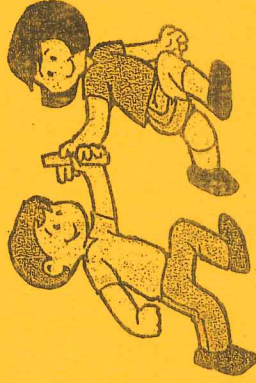
"Ready But Not Rewed"

Simple sensory and movement strategies to calm and
prepare children to learn.

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Strategies For Getting Ready to Learn

- Roll ears open (put on your thinking cap)
- Take a deep breath
 - "1, 2, 3 eyes on me"
- hold a fidget in your hand
 - lay on your tummy
 - dim the lights
- play soft music with a predictable rhythm
 - drink from a straw
 - rock back and forth
 - rub circles above your eyebrows.
- eat something warm, sweet, smooth and slow to chew.

Proprioception Sense

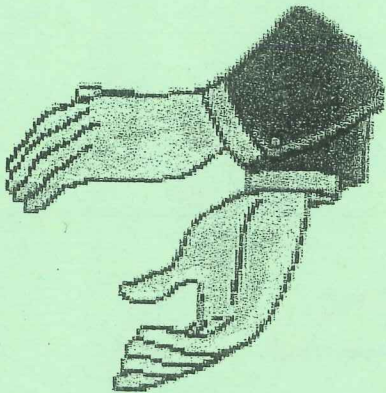
This sensory system is activated through input to the muscles, tendons and joints. This system informs the brain of what position the body is in.

Everyone can benefit from proprioceptive input. It gives our bodies a sense of stability, boundaries and centeredness. Think of how many of us need to walk or run on a daily basis. It will wake up a tired child and stabilize an impulsive child.

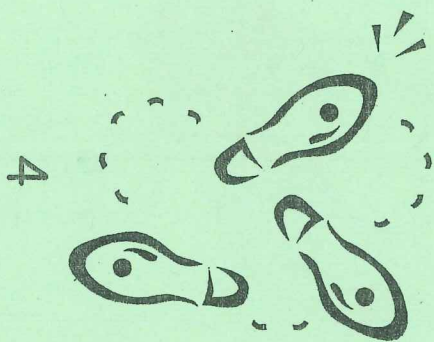
A child who needs additional proprioception may look like this:

- low energy, appears tired, leans into surfaces, lies down.
 - poor coordination, poor sense of where body is in space.
 - distractible, impulsive, scattered.
 - hyperactive
- child may have difficulty making both feet or both hands work together such as jumping up and down or throwing and catching a ball.

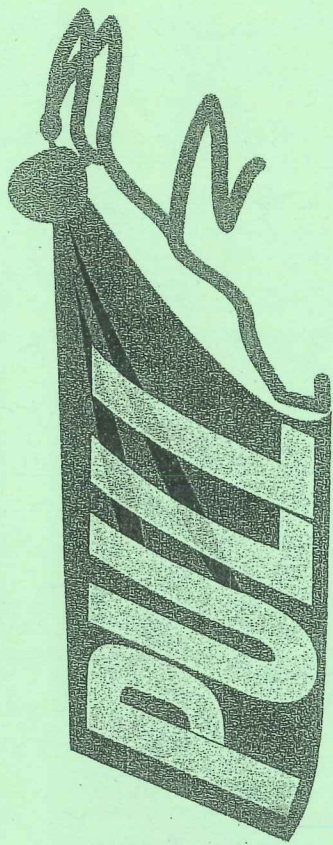
Clap hands 20 times.



Hop on two feet (10 times), then on favorite foot
(10 times)



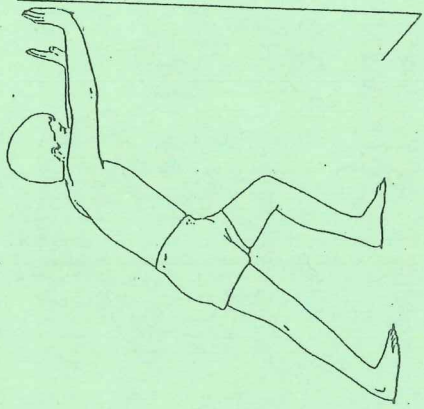
Pull a heavy object with a rope.



Push a heavy object across the room.



Do 5 wall push-ups!



Do the Bear Walk across the carpet.



Bunny hopping



Bear Walking



Crab walking

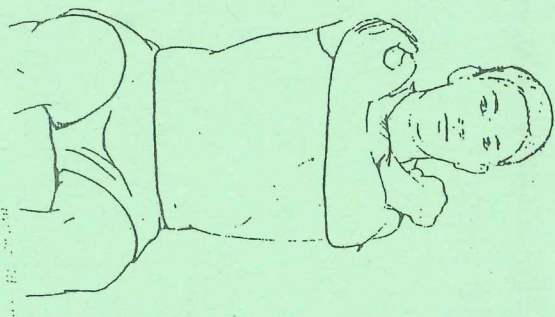
OTHER ANIMALS TO TRY:
Kangaroo, Seal, Monkey, Inchworm

Melt the Ice. Each child sits on the floor with knees bent while arms hold the knees closely to the chest. The teacher says, "Hug your knees as tight as you can. Pretend you are an ice cube. The ice is melting, slowly, slowly, slowly melting. You are melting into a nice big puddle on the floor."

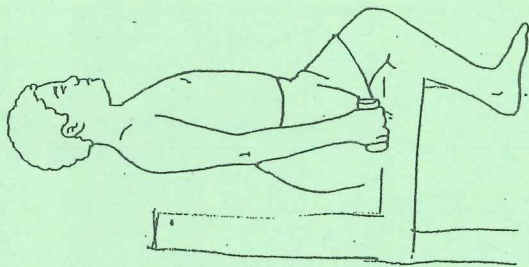


Give your 3 great big hugs!

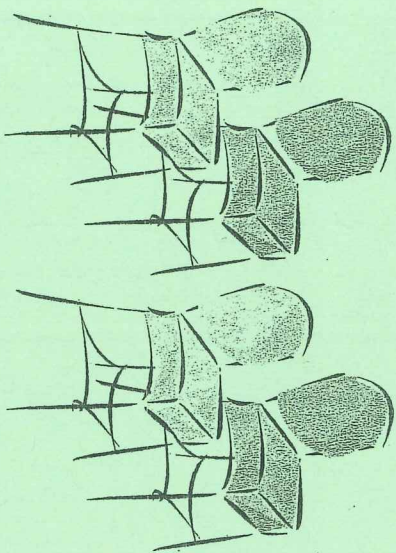
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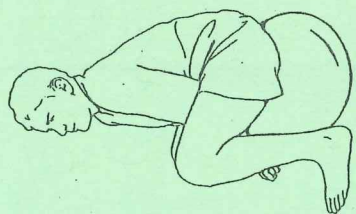
Do 5 chair push-ups.



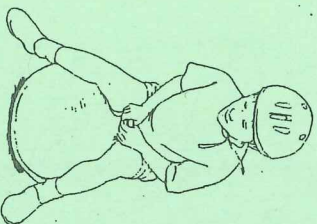
Stack or unstack chairs.



Sit on a ball.

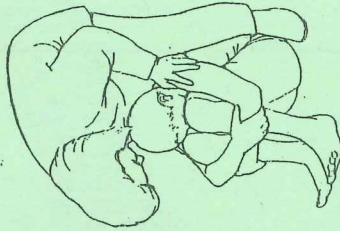


Bounce on a ball 10 times.

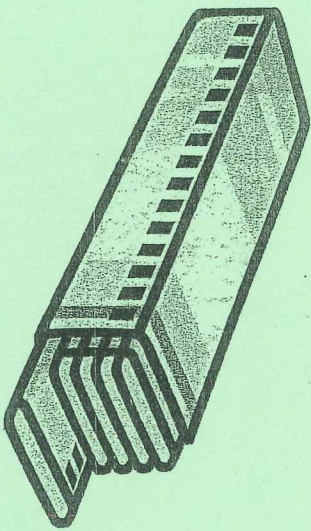


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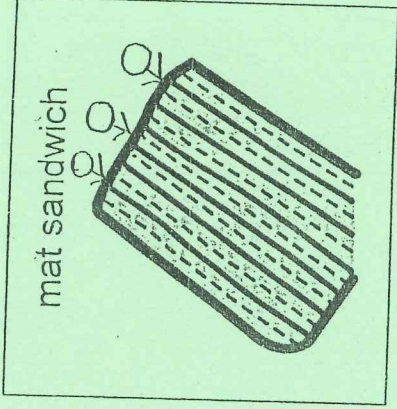
Give deep pressure to the shoulders.
Slowly press and release 10 times.



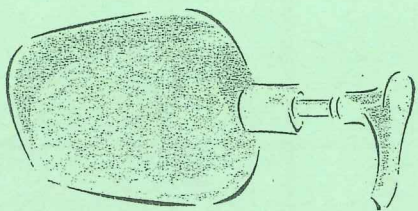
Chew gum or something crunchy.



Make a mat sandwich!



Rub some lotion on the child's arms and legs. Push deeply while rubbing.



Additional Activities

Additional Activities

Vestibular System

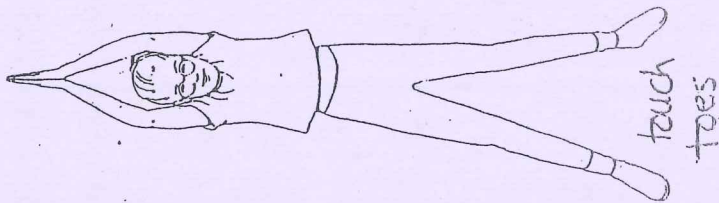
The balance center! This system is responsible for receiving information about movement through space and gravity relationships. It has an effect on the child's ability to be alert, tuned in and ready to learn.

A child with difficulties in vestibular processing, may look like this:

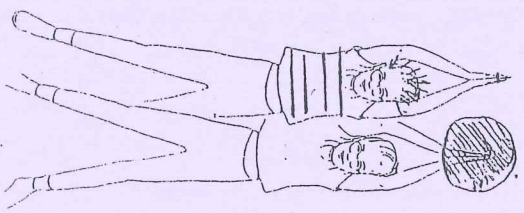
- child dislikes playground activities such as swinging, spinning and sliding.
- child is cautious, slow-moving and hesitates to take risks.
- child seems uncooperative.
- child has a fear of falling, even where no real danger exists.
- child has a fear of heights.
- child is fearful of climbing and descending stairs.
- child is fidgety or clumsy.
- child may be a "thrill seeker."
- child may need to keep moving as much as possible.
- child may shake head, rock back and forth and jump up and down.
- child may have difficulty making both feet or both hands work together
such as jumping up and down or throwing and catching a ball.

Reach up high, bend at the waist (do not squat) and reach down to the toes. Be sure the head is upside down toward the ground.

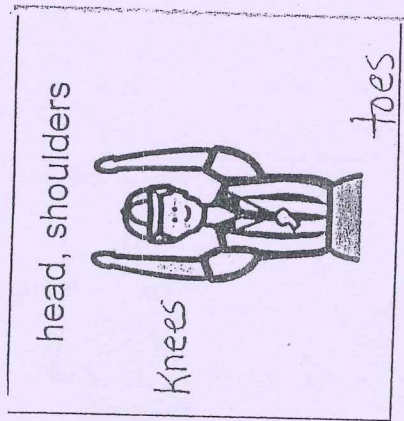
reach high



Circle Relay. Children form a circle and stand sideways. One child passes the ball over her head to the next child. Second child passes the ball over his head to the next child, until the ball returns to the beginning of the circle. Repeat by passing the ball between each child's legs or around to the side, etc.



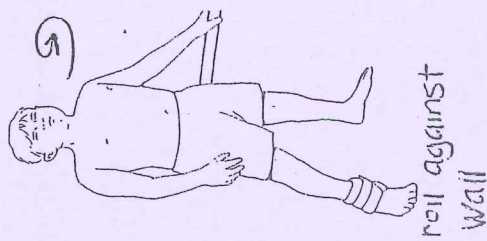
Head, Shoulders, Knees and Toes! Repeat the verse several times, encouraging the children to keep head upside down when touching toes.



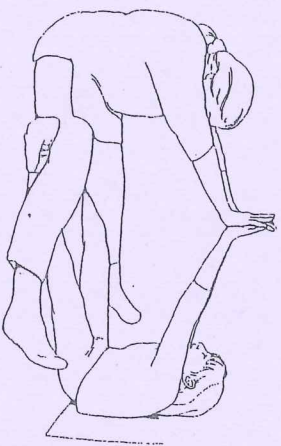
Sit and Spin. Have a couple of these on hand and let one or two children spin at the same time. Children take turns. Caution: Children prone to seizures should not spin.



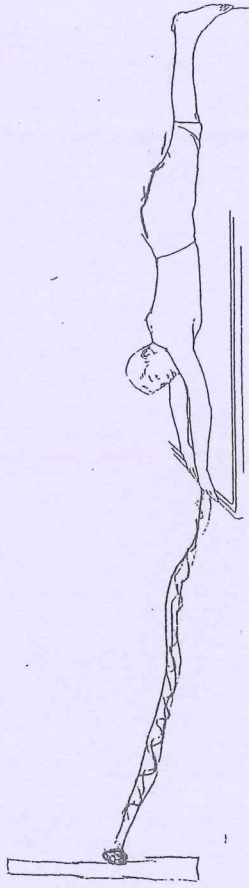
Wall Rolling. Have children stand beside a wall and all roll vertically in the same direction. Switch directions! Maintain contact with the wall while rolling.



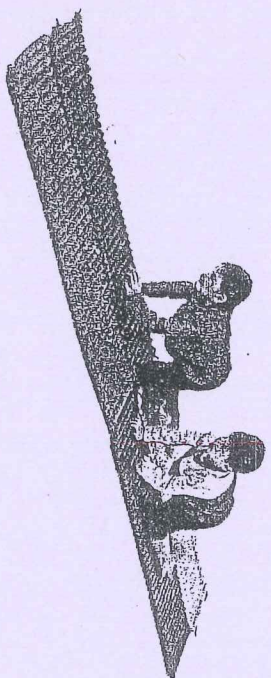
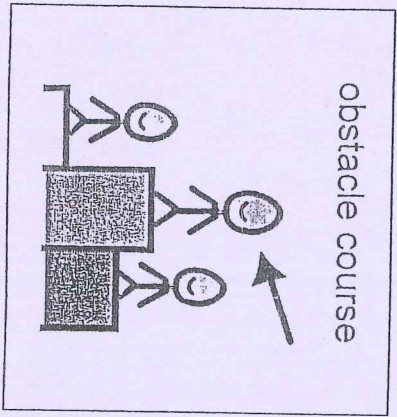
Row, row, row your boat. Children form pairs. Sit down facing each other with feet flat on the floor (shoes touching partner's shoes). Catch hold of the other child at the elbows. Start rocking back and forth in unison.



Climb A Mountain. Attach a 10-12 foot rope to a stationary place. Pretend to be climbing a mountain while sitting back on mat or sleeping bag. Child pulls himself up from lying position. Can also be fun when lying on stomach with rope under scooter board between wheels.



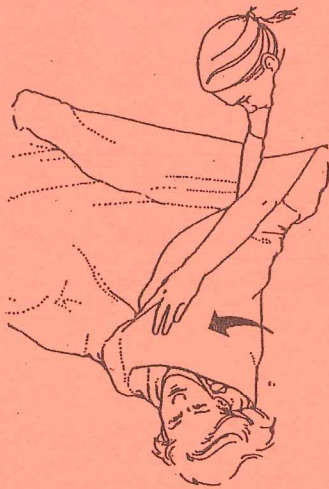
Make a Simple Obstacle Course. Use classroom chairs and tables to go under, over, through, around, between, into, out, up and down. A 2" X 6" board, 8 ft in length makes a good balance beam when placed flat on the floor.



Additional Activities

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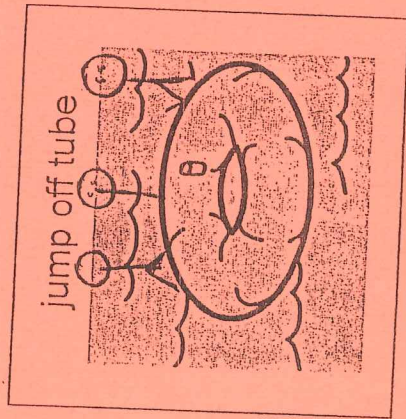
Hot Dog Roll. Roll a child up in a large blanket and have other children apply "ketchup", "mustard", etc. using hands, bean bags or balls while providing deep pressure.



Wheelbarrow Walking. Hold child's legs while she walks on hands with arms extended. Hold legs at calf, thigh or hip for additional support as needed.



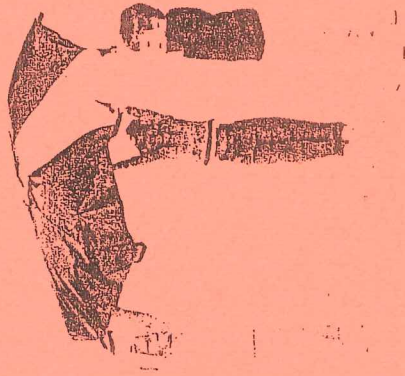
Inner Tube Jumping. Adult kneels on one side of the inner tube. Have child stand on opposite side of inner tube. Always hold hands while encouraging eye contact while jumping.



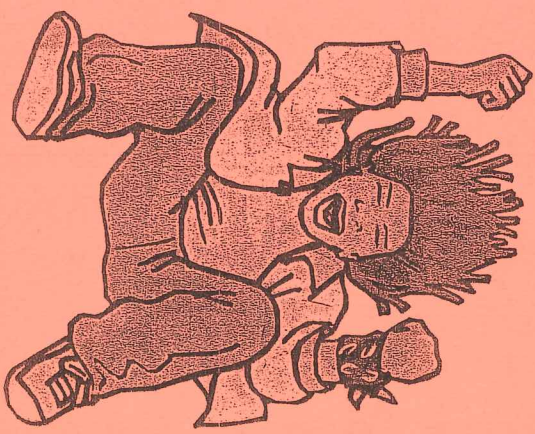
Can You Canoe? Tie a rope (tightly) between two points about 18 inches off the floor. Child lays on back on scooter board and pulls across the rope using hand over hand motion.



Parachute. Children grasp parachute with both hands in sitting/kneeling, half kneeling/squatting or standing positions. Flap parachute or move it up and down slowly. Children can also hold parachute and walk in a circle. Reverse directions. Put yarn ball or lightweight balls in center of parachute and shake while keeping them inside the parachute.



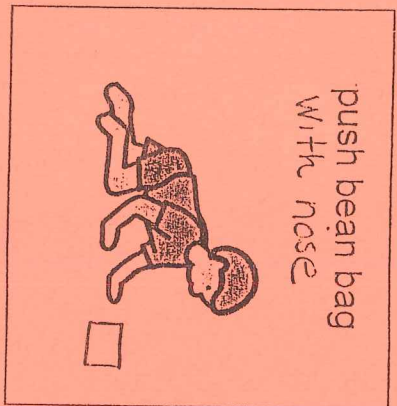
Jump up and down 20 times.



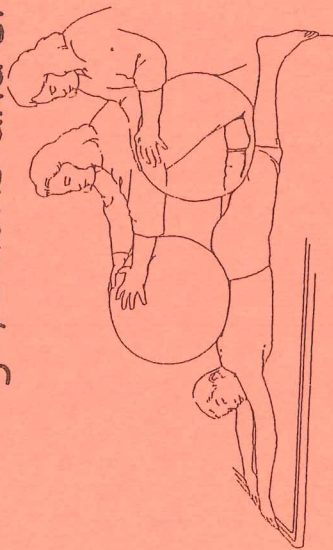
Jack-In-The-Box. Everyone sits in a circle. Show children how to squat, pop up, and return to the squatting position. Have children listen for their name and "pop up" when called upon.



Bean Bagger. Take off shoes and socks. Get down on all fours with a bean bag in front of you on the floor. The child pushes the bean bag with his nose along a path made with masking tape.



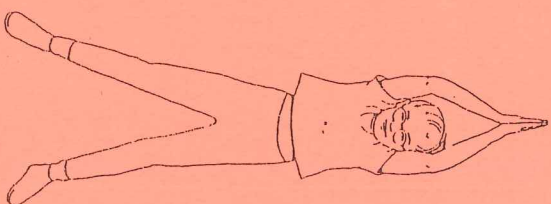
Ball Role! Have children lay on the floor next to each other. Using a large ball, roll it over the children's legs, backs and shoulders.



CAUTION:

Pressure must be slow, controlled and gentle. If child becomes agitated, stop, try to calm child, then resume.

Yoga poses. Demonstrate the mountain and the volcano.



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Additional Activities