



Bringing More Movement into the Classroom

Kristin Mathis kmathis.ot@outlook.com

The Way they Develop

- Proximal-> Distal
- Large-> Small
- Strength BEFORE Precision
- Through exploration

The Way they're Wired

- Learn best in connection
- Learn by repetition
- Learn more when it's fun
- Learn by moving

So... combine it all together!

Encouraging Motor Development

- "Nudges not pushes"
- Importance of crawling and tummy time (all ages)
- "Balance for balance"

Issues

- Upper extremity and core strength deficits
- Underdeveloped muscles

Movement in the Classroom Myths

- "If I let them start moving, they'll never stop."
- "They're not learning if they're wiggling and not looking at me."
- "They just need to learn to sit still, listen and pay attention."
- "If I let them 'wear down' ('get it all out', 'go crazy'), then they'll settle."

Movement Seekers

- "Slow bends not brick walls"
- "Sensory Diet"
- Proactive
- Purposeful (obstacle course, counted)

Brain Organizing Movements

Cross-Midline
Rhythmic
Weight Bearing

Perfect Moment for Specific Movements

- Transitions – Outside of Room
- Transitions in room
- Brain “Breaks”!
- Start of Circle Time/Chapel
- When things are headed south
- When things are going great

Transitions – Place to Place

Criss Cross Walk
Skating
Heel Marching
Jello Room
Jello Bones
Penguin

Crawling
SloMo Race
Rewind
Tree
Bear
Magic Room
Train
Teddy Bear
“Choreographed” Classroom Chant

Transitions – In Room

Movement “Choosers”/Games

Dice
Beach Ball
Pulling Sticks
Grab Bag

Prepare for Academic Learning

Weight Bearing
Thinking Cap (Brain Gym)
Figure 8 Elephants (Brain Gym)

Academic Learning

Act it out (all of it)	Alphabet bodies
Count it all (esp if it moves)	Marching Around Alphabet
Go and find it	Alphabet Exercises
Trace it... big	Weight Bearing
	Rhythm

Supercharge Memory

Thinking Cap
Cross-Midline Memory Enhancer

Calm Down

- Rocking
- Heel Marching
- Anchor (Link Up- Brain Gym)
- Starfish (KathyJohnson youtube)
- Marionette (Brain Gym)
- Thinking Cap (Brain Gym)
- Rhythm/Metronome (IM)

Rhythm

- Metronome App or real thing
- Sensory/Anxiety caution
- Aim for 54-60 beats a minute
- Kids w attention issues will need to start faster and work down
- Kids w processing issues will need to start slower and work up