

Realizing There is a Need for Movement



Statistics show a need to adapt the way we facilitate learning:

- Today there are over 16 million children in the United States diagnosed with neurobehavioral learning challenges.
- **♦** Just 10 years ago 1 out of every 10,000 children were born with Autism. Now 1 out of 150 children will be on the spectrum upon entering school.
- ADD (inattentive or hyperactive) is the leading childhood disorder in the world while Ritalin is the most widely prescribed medication for children.
- This year alone, 1.5 million children entering school that's 1 out of every 5 will be diagnosed with some type of neurological disorder that affects their ability to learn and socially interact and learn.
- Currently there are 4.4 million children between the ages of 3-17 that are diagnosed with anxiety.

Kids need to move! Intentional movement is a vehicle to...

- Engage cognitive functioning
- Focus the areas of the brain that regulate attention and executive functioning skills
- Develop mind-body awareness
- Teach emotional regulation skills
- Build social skills

Our Goals Today

☐ Gain an understanding of the need to incorporate movement and learning through movement daily.

☐Gain some knowledge of the science behind student success.

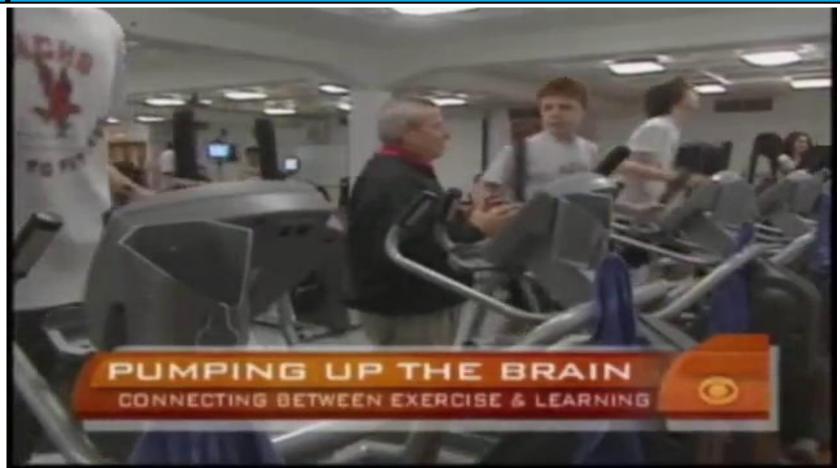
Learn specific types of movement that facilitate neurological and social/emotional growth.

Learn how to incorporate specific movement throughout the day to increase student success and self regulation.

Movement to

Engage Cognitive Functioning

Naperville School District P.E. Teacher took the Lead

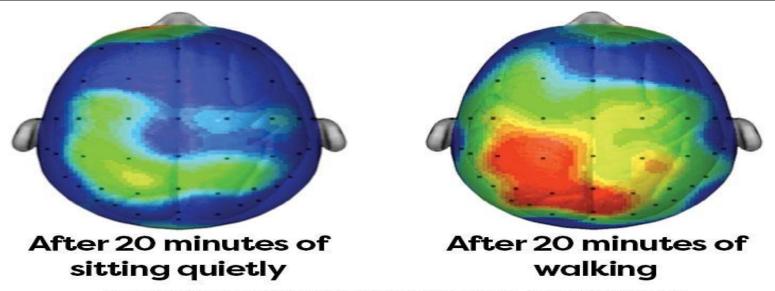


Quick Sensory Motor Evaluation

Everyone on your feet!

- Jumping Jacks
- ☐ Hop 3xs right and 3xs left repeat
- ☐ Criss-Cross
- ☐ Fine Motor finger touch opposite body-part
- ☐ Balance right foot then left foot
- Try Something NEW! Sample alternative seating options, wiggle boards, etc

The Effects of Movement on The Brain



Research/scan compliments of Dr. Chuck Hillman, University of Illinois

Our 6th graders produced videos to make sure that each classroom utilizes specific exercise to stimulate neurological Growth, Focus, Stamina and Retention on a daily basis!

Core muscles and Vestibular Sensory Motor Learning



Vestibular - Learning through Movement



Sensory Movement Activities



Movement to

Focus and Develop Executive Functioning Skills

Walk Stop Wiggle Sit

- ✓ At first the commands mean exactly as they sound, when I say walk you walk, when I say stop you stop, when I say wiggle you wiggle, and when I say sit you sit.
- ✓ After playing for a few moments, tell the kids that you're going to make it a little tricky and switch walk and stop.
- So now when I say walk you stop and when I say stop you walk, keep wiggle and sit the same.
- ✓ See if they can keep up and then increase the challenge again by switching wiggle and sit.
- ✓ So now when you say walk they stop, when you say stop they walk, when you say wiggle they sit, and when you say sit they wiggle.
- ✓ Add Variations!



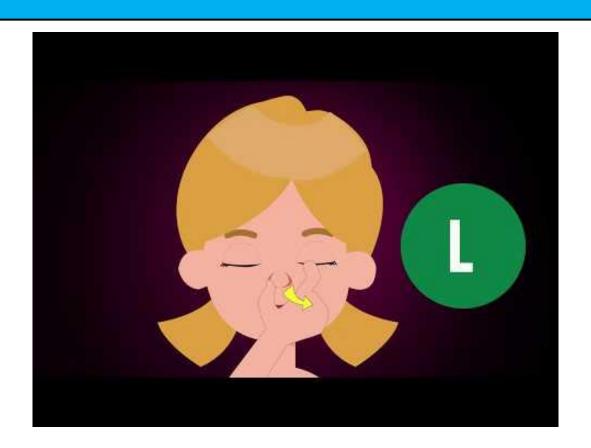
Super Brain and Body Workouts



Meeting of the Minds

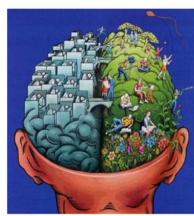
Face your partner and count by multiples of 2 to 20 while crossing your body to high five your partners raised hands. Right to right and left to left. Once one partner completes the task, switch roles and the other partner does the same, but counts backwards. Then both partners count together going forward!

Alternate Nostril Breathing for Refocusing



Cross-lateral Movement

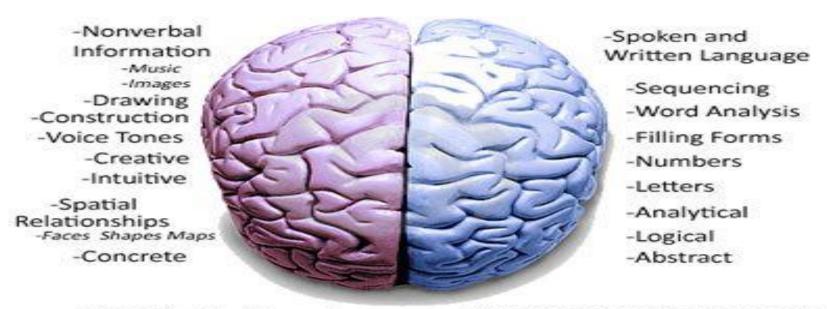
- The midline is the line that naturally occurs between the two hemispheres and continues down the center of the body.
- Crossing the midline physically with extremities forces both hemispheres to work together making neurological connections.
- **Continued repetition** of cross-lateral *exercises strengthens* those connections so that the signal between the neurons becomes stronger!
- Cross-lateral movement facilitates neurological growth resulting in more efficient hemispheric communication and sensory processing.



Brain strength relates to processing speed!

RIGHT SIDE

LEFT SIDE



Thinks in the Present

Thinks in the Past and Future

Movement to

Develop Mind-Body Awareness

Proprioception





I am so STRONG

Pinch your pointer finger and your thumb together, then middle finger and thumb together, then your ring finger and thumb together, then your pinky finger and thumb. While doing this, say "I am so strong/brave/focused, etc. Come up with one on your own to help you feel empowered!

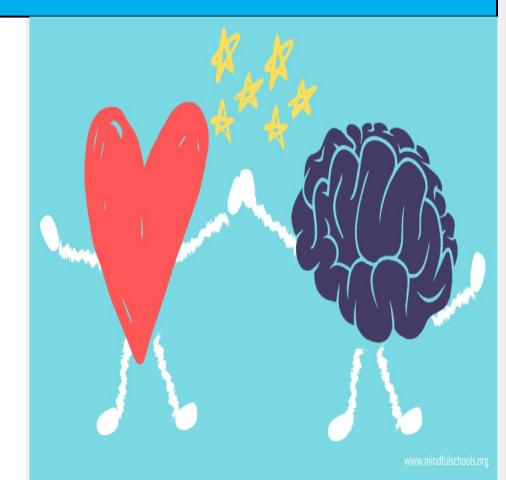
IDEA: Cross the midline by using your right hand to gently pinch your left ear. Change for each word in "I am so STRONG"

Focused movement can:

- Support academic success
- Increase focus and attention
- Actively engage students
- Enhance proprioception
- Relieve stress

But it can also...

- Create a calm classroom
- Heighten emotional awareness
- Support positive social interactions

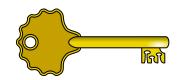




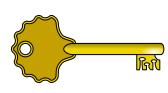
Self Regulating Seating Choices



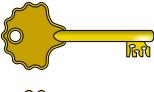
SWAG: 10 Basic Lessons Each with 5 Key ELements Developed with a FISEF Grant



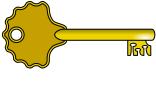
Breathe



Connect



Move



Focus



Relax

Emotional Regulation through Movement







Building Social Skills through Movement





Now you try!

- Mountain Pose
- Upward Salute
- Forward Fold
- Standing Forward Half Bend
- Tree Pose

Fit Brains Learn Better



Table Talk

How do you use movement to support learning in your district?

Record table answers on large chart paper.



Takeaways 3-2-1

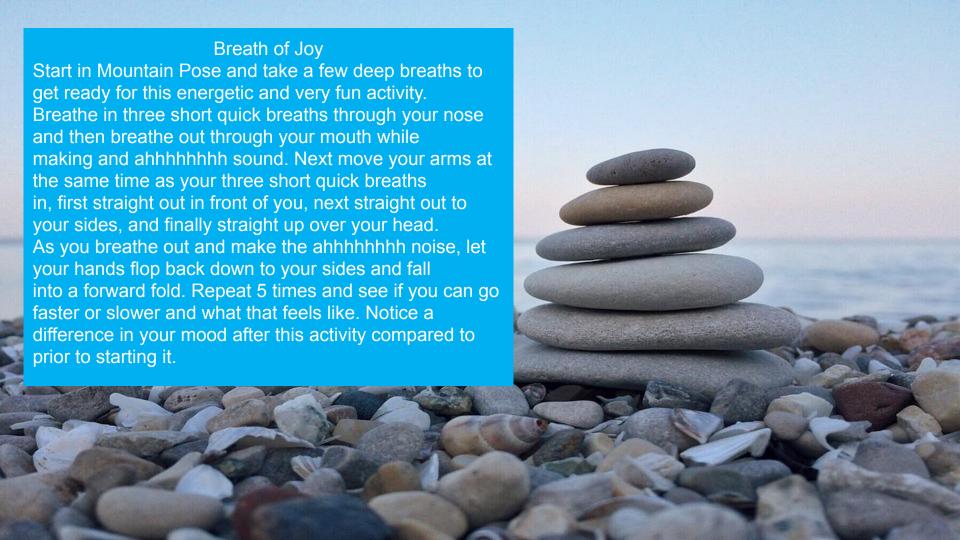
Bright Pink: Three interesting things you heard/learned today

Blue: Two ideas you want to try/follow up on

Light pink: One thing you would to know more about

Now Give One/Get One

- 1. Put your Green Post it on the chart paper labeled "We want to know more!"
- 2. Find someone you haven't talked to yet and give them one of your three yellow post-its. Discuss.
- 3. Get one of theirs from them. Discuss.
- 4. Continue until time is called





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