

Movement Brain Break

Hume Valley School Occupational Therapy Department

Organised movement (for example a dance routine) and heavy work (putting deep pressure through our joints) is known to help children to feel happy and to stay focused. Think about how you can include these two types of movement every day for your child.

ANIMAL WALKS: Frog Jump & Crab Walk

KEY SKILLS:

- Shoulder strength and stability
- Core strength and stability
- Bilateral coordination
- Crossing the midline
- Body Awareness
- Focus and attention
- Following instructions

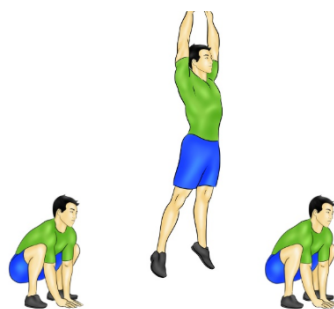
WHAT YOU NEED:

- View this link to see some animal walks in action
<https://www.youtube.com/watch?v=DpgKyq3WCuw>

ACTIVITY:

1. Set up an area in your home clear of obstacles perhaps your hallway, an open space in your living room or your backyard.
2. Practise your animal walks focusing on form, positioning of bodies and walking or marching in place.
3. Once you have mastered this then instruct your child to walk from a set start point or finishing point *for example "walk to the bean bag and back."*

Frog Jump



Crab Crawl



Suggested time: 5-8 minutes

MORE OF A CHALLENGE:

- Increase distance for example walk around the house if it is safe to do so “walk to from the living room to your bedroom and back.”

LESS OF A CHALLENGE:

- Hold the position similar to a yoga pose (do not walk) for a count of five
- March in place