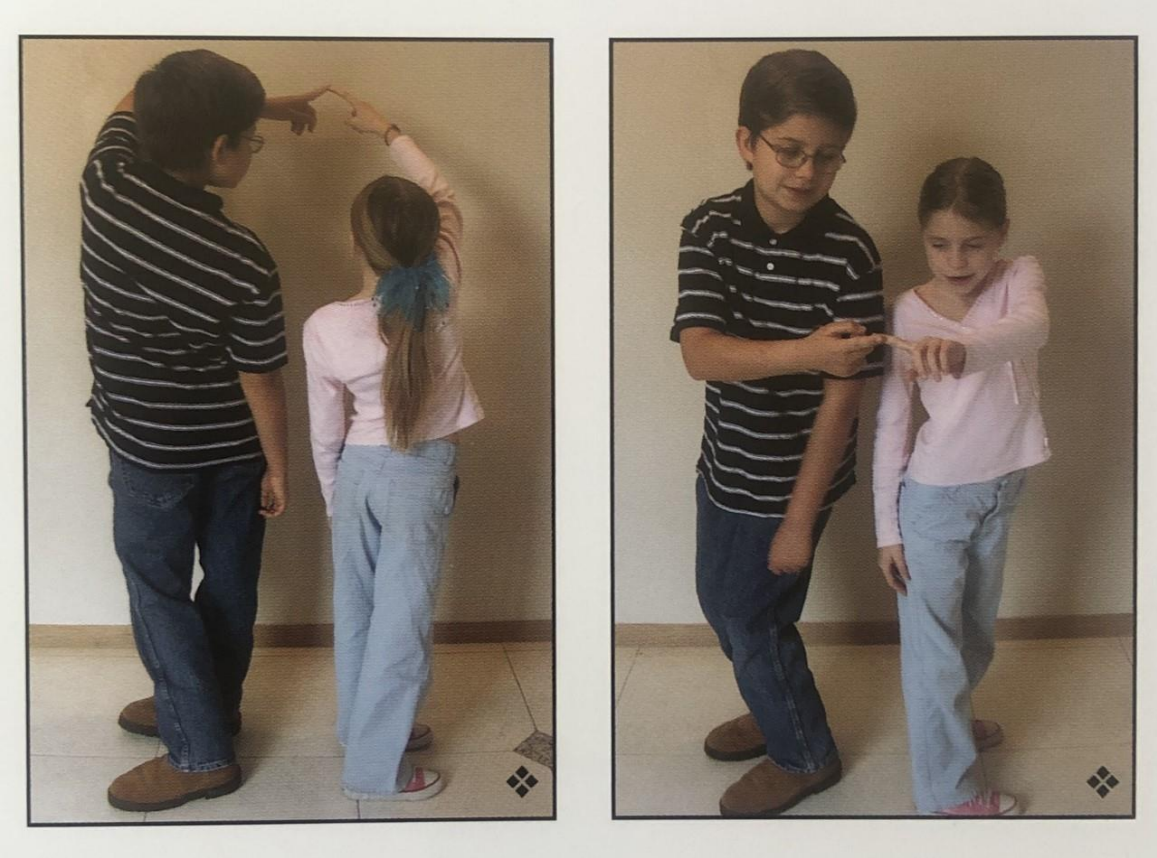
MOVEMENT ACTIVITIES

ROBOT ZAPPING

1. Partners start by standing back to back several inches apart
2. Each partner simultaneously crosses midline with one arm and rotates torso to reach around and touch partner's index finger at a height above their heads
3. Partners rotate to opposite side and touch index finger above their heads
4. With each set of rotations the index fingers should touch at various heights (at the level of the eyes, shoulders, waist, hips, knees, and ankles) to get the head in many different orientations
5. When there is no partner available, child stands near a wall and touches dots that are placed at a various heights on the wall behind the child



With this exercise, the desired response is that child will be able maintain good balance and foot placement while easily changing head position. Child will be able to cross midline and rotate 7 times to each side with precise index contact.

MOONBOOT DUSTING

1. Partners stand facing each other with arms extended at shoulder level or higher
2. Partners can take turns or move simultaneously- each person bends down while rotating torso so as to touch right hand to partner's right foot
3. Partners then take turns bending down while rotating torso as to touch left hand to partner's left foot
4. A small preferred toy may be placed in front of each partners foot to pick up in order to increase the interest in the activity
5. Repeat 5 times for each hand

With this exercise, the desired response is that child will be able to do five 'dusting' with each hand with no adverse reaction and with good control.

CATCH A FALLING STAR

1. Partners stand back to back approximately 12” (30.5 cm) apart, reaching arms up overhead and as far back into extension as possible to create a scooping motion
2. Continue motion by bringing arms forward and down through legs to touch partner’s hands, making certain that head becomes inverted
3. Pass a toy or a small ball in each partner’s hands in order to increase the interest in the activity
4. Repeat each movement five times

With this exercise, the desired response is that child is able to complete 5 repetitions with ease of reaching over head and tilting back into extension and flexing all the way forwards into a head inverted position without losing balance.

SIGNS OF SENSORY OVERLOAD

- **Yawning**
- **Changes in skin colour**
- **Headache**
- **Changes in heart rate or respiration**
- **Pupil dilation**
- **Prolonged dizziness**
- **Nausea**

If child is experiencing any of these symptoms, stop the activity immediately and begin strategies to offset the sensory overload.

AVOIDING SENSORY OVERLOAD

It depends on each child in how much movement he/she can tolerate and this may vary from one day to another.

Work with caution, starting with small amount of activation and gradually increase the amount as child's tolerance improves overtime. Look at all the responses child demonstrate and not solely their feedback.

OFFSETTING SENSORY OVERLOAD

The following strategies have proven to be effective in arresting overload:

- Intense physical activity: run, crawl, or jump vigorously around the room
- Place hands on head and press down while jumping in place and sucking vigorously with sealed lips
- Place ice cubes into the client's hands, at the base of the skull, and on the temples
- Have client press into crash mats or wall with entire body as hard as possible
- Position client in quadruped or prone on forearms while blowing vigorously with resistance.

UNDERSTANDING VESTIBULAR-AUDITORY-VISUAL INTERACTIONS

The vestibular system helps us understand the position of our head and body in gravity-bound space. It gives us information about which way is up and where we are going. Throughout life, starting in utero, the vestibular system is receiving continuous movement information. Babies gain information from the vestibular system about gravity as they begin to move through space of their own accord- crawling, pulling to stand, and tottering through their first steps.

As we move, the vestibular system teams up with the auditory and visual systems to perform many important tasks by helping us understand the three dimensional space that surrounds us wherever we go. Through the proper functioning of these three systems, the sights and sounds of our world become meaningful and entice us to move, explore, engage with objects, people, and events.

Because movement is a part of everything we do in life, it could be said that the vestibular system supports all behaviour and acquisition of skills, as well as helping to balance the stream of sensory information that constantly bombards the system.

The movement activities mentioned above are done in order to help increase the level of tolerance to movement. With practice, children will perform these activities and gain good balance, cross midline of their body and develop motor and visual precision.

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