



# OT Time!

## April 2019 – Movement!



Sensory/movement walkways in schools seem to be the up and coming trend recently! So many schools are beginning to realize the positive impact that sensory input and movement have on a child's ability to focus and self-regulate during the school day. Not only is this important to further develop learning in school, it can also be helpful at home! With the warm spring weather around the corner, there are so many ways to create fun, movement opportunities!

### Did You Know?...

Gross motor and movement activities can help improve the underlying skills needed for strengthening and sensory input. Movement in children can help increase memory, perception, language, attention, emotion, and decision making. Not only does movement help with development, it will teach children the habits they need in order to lead a healthy and active lifestyle.

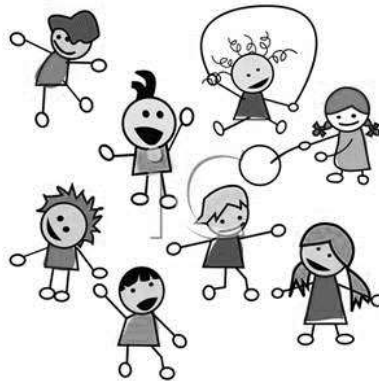
### Activities to Incorporate

- Wall push-ups
- Animal walks (bear crawl, crab walk, frog jump, bunny hop)
- Tip toe walking
- Marching/stomping
- Hopping/jumping
- Spinning
- Walking backwards
- Side steps
- Obstacle course (over/under items)

### Materials to Use

Plenty of household items can be used to create movement opportunities at home.

- Sidewalk chalk
- Duct tape
- Printed pictures
- Movement cards
- Cones
- Balls and/or basketball hoops
- Jump rope



### Use Community Resources

Playgrounds are the perfect place to get in movement activities! Take advantage of what is around you!

- Monkey bars
- Climbing stairs/ladders
- Slides
- Seesaws
- Running/rolling in open space
- Freeze tag

Even if you don't have any equipment or a ton of room to create your own walkway, there are still plenty of ways to move! Play a game of Simon Says, find a dance video on YouTube, or even turn chores into games!

**It doesn't matter what you do; just get up and move!**