

# Movement Matters

4.9.2020

## Tips to include movement at home

Greetings to all of you parents, students, staff and friends. I know you all have heard it so much lately but “we are in this together!” I know there are challenges we all face everyday! As your friendly school based PT- I want to support you all however I can. I will be creating weekly newsletters with brief, fun, easy, fun, stress relieving, and FUN suggestions on how to include movement in your days.

Please remember these are intended to be a support for you at this time- should not add to any stress in your day but should provide a break from those stresses, a time to engage with your kids and an opportunity to learn through movement.

As you start receiving these newsletters please remember:

- Success is a great motivator- start small and build up. Celebrate mistakes as opportunities for improvement.
- Children have shorter attention spans than adults (typically) keep movement breaks short and entertaining- stop before anyone gets bored or upset.
- Move outdoors whenever possible- sunshine and fresh air help to relieve stress and allow us to refocus on the next activity.
- Be positive and join in the activity with your kids! By far the best way to get your kids moving is to do it with them!

You can access some videos to support the activities presented here at:

<https://www.youtube.com/channel/UCSyBXhY1IDm3Q5b-eiV4qvA>



## Try This: *Sock Toss*

Roll up a pair of socks into a ball. Place them on top of one foot. Standing on the other foot- try to “toss” the socks into any empty laundry hamper! Try it with each foot several times.

This is great for balance, motor planning, coordination, aim, force and distance modulation and may even help get the laundry picked up!

