

# MOVE TO LEARN

- Sensory integration allows us to take in information from around us using our 5 senses (sight, hearing, smell, taste and touch), organise it and respond appropriately.
- These foundation skills are fundamental to engage in activities and master our environment.
- Simple movements have been shown to improve coordination, concentration and sensory processing which will ultimately help to prepare for academic learning.
- Use as a regular routine or as a 'sensory break' while working. Alternative exercises like yoga poses/activities could also be used.

For further info - search Sensory Pyramid of Learning. <https://otplan.com/pyramid-of-learning/> gives a useful explanation.

# 10 GEMS FOR THE BRAIN

- The following slides/exercises are based on the Move to Learn Movement Sequences. <https://www.movetolearn.com.au/>
- Ideally, the exercises should be practised daily.
- Master each exercise before progressing to the next.
- The emphasis is on **control** and **accuracy** not speed!
- Don't worry if some exercises take longer to master than others.

# WARM UP

- Breathing
- Neck Exercises
- Eye Exercises
- Squeezing and Stretching



# ROLLING AND SUPERMAN POSE

- Time to roll across the floor!!
- Aim for control and a straight line.
- Which part of the body do you use to help you start? Leg, hip, shoulder?



Don't forget to keep breathing and stop if you experience any dizziness or nausea.

# UNILATERAL AND CROSS PATTERNS

MARCHING, FLIPFLOPS AND  
CRAWLING

- Unilateral - one side of the body only.
- Cross pattern - opposite sides of the body.
- These look easy - but concentrate on the change over and accuracy.



# OTHER EXERCISES

- Shoulder/arms - Patrick Starfish style.
- Balancing on one leg.

- **CHALLENGE:**

Can you repeat all of the exercises blindfolded? to a drum beat? reciting the alphabet? counting? or reciting your times tables?!

