



Ways To Move at School

Occupational Therapy

Movement followed by Heavy Work (Vestibular and Proprioceptive input) is generally calming to the central nervous system, and contributes to the development of body scheme, hand function, motor planning, modulating activity level, and joint stability. In addition these activities can help organize children by helping with the modulation of other sensory input. During the school day, children are often expected to sit for long periods of time. Most children need more movement breaks to be able to attend. Here are some ways to get in movement and heavy work during a school day.

- Movement breaks. Have a child take a note to the office, get up to sharpen your pencil or get a drink from a water fountain. Even standing to stretch can be helpful. Sometimes teachers will set up a movement break schedule that allows a student to get up and move around so they can then sit and attend.
- “Chair-ups” are heavy work (proprioception) that can be done without getting out of your seat. The child places their hands on the seat of the chair and lifts their bottom off the seat. I usually have a kiddo do this for 10 sec, several times.
- Sit-N-Move cushion or a partially inflated camping pillow can be set in the child’s chair to provide them with some movement without getting out of their seat. To be effective, a child’s feet must touch the floor.
- Tie Thera-band around the legs of a chair. This provides resistance for the child push or pull with their feet while staying seated.
- ISOMETRICS
 1. Place palms together in front of chest with elbows up, push for 10 sec.
Repeat.
 2. Interlock fingers in front of chest with elbows up, pull for 10 sec. Switch hands and then repeat.
 3. Stretch arms up and behind head for 10 sec, repeat.
 4. Take a deep breath and shake arms.
 5. With feet flat on the floor use hands to push down on one knee for 10 sec, switch knees and repeat.
 5. Put one foot on top of the other – push down with one and pull up with the other for 10 seconds, switch and repeat.
 6. Shake out legs.