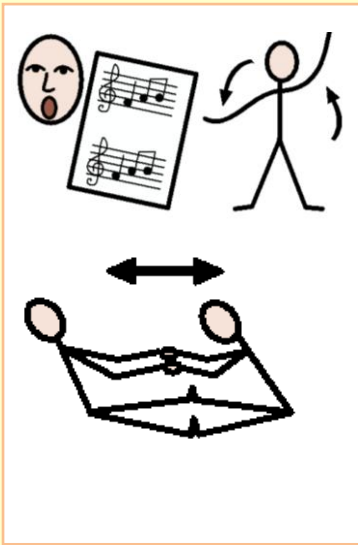


Rhymes and Movement



Directions

This activity can be both organising and calming on the central nervous system and involves singing (or playing through a device) popular rhymes with actions that can be carried out to help the person to feel calmer and ready for learning.

Movement is also naturally alerting so this combined with some singing and rhyme can help to regain focus and attention and will also lower arousal states if that is the purpose of the activity.

This activity isn't for everyone and you should judge its appropriateness on the individual that you are trying to engage.

Some rhymes may include Row Your Boat, Twinkle Twinkle, Wind the Bobbin Up, If Your Happy and You Know It, Head Shoulders Knees and Toes, Okie Cokie. YouTube is a great resource for support.

Rhymes & Movement

This exercise develops the following sensory motor functions:

- 1.) Body position
- 2.) Balance
- 3.) Perception of head position
- 4.) Changes in centre of gravity
- 5.) Dynamic balance
- 6.) Body awareness
- 7.) Praxis, motor planning
- 8.) Vestibular input

Precautions

Ensure you have plenty of room/ space to carry out the exercises.

If you feel unwell or are injured in any way, please do not try to carry out any exercises.

Equipment:

- None