

“New research shows that screen time and use of devices can seriously affect the well being and proper functioning of the brain. “The physical formation of kids’ brains is being altered by smartphone, tablet and video game use, according to a new study from the National Institutes of Health.”

(Deseret News, January 13, 2019)

The following movements and activities have been utilized by therapists that help children who are struggling in school and daily learning experiences. The suggested movements help strengthen brain connections or make pathways that may have been under developed in early childhood.

Each movement can be utilized in a family activity time. They can be incorporated into weekly music and movement learning experiences where the family gathers together to bring Music, Movement and Messages together in a meaningful learning experience.

Movement activities that reconnect the brain

****Walking on a balance beam (or on a 2X4 board) – one foot in front of the other.***

****Balance on a rocker board***

****Spin to the right and then to the left***

****Cross crawls***

****Jumping jacks***

****Push ups***

****Sit ups***

****Kicking a ball with one foot and then the other foot.***

****Tracing large letters in the sky***

****Clasp hands together and twist backwards against the chest.***

****Toss a weighted ball***