

Classroom Implementation:



Whole Class Solutions



Start and end your day
with movement



Set up tech free times
and areas (white space)



Add digitally mindful moves
to your lessons & transitions

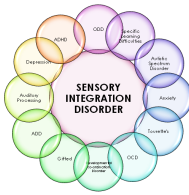


Cross Training and Collaboration

- Paraprofessionals trained through modeling of the program by teacher, therapists, psychologist, counselor, and support staff
- Can easily integrate with other sensory support strategies, wiggle/brain breaks, mindfulness, yoga, etc. using the Body Activated Learning sequence
- Used proactively throughout the day to support learning.

Special Populations

- Sensory Modulation Disorder
- Sensory Integration Disorders
- Auditory Deficits
- Visual Deficits
- Dyspraxia
- Dysgraphia



National Institute of Occupational Safety and Health
Centers for Disease Control and Prevention

ADHD, Vision, and Posture

- Children with ADHD often show difficulty suppressing saccadic eye movements (Munoz, 2003)
- Vestibular brainstem reflexes are altered in a subset of children with ADHD and points to this as a cause of decrease postural control. (Isaac, et al, 2017)



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Downs Syndrome

- Atypical Electrodermal responses to sensory input
- Low muscle tone and mobility impairments impacting sensory input and processing
- Hearing loss common
- Vision: Acuity, Depth perception



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Autism

- Behaviorally often over-responsive to input (taste, smell, visual, movement)
- May seek or avoid movement
- Poor eye contact and visual attention
- Emotional dysregulation
- Praxis and motor deficits



Autism Observations

- Poor eye contact and visual attention
- Watching Spinning objects
- Spinning fast with no visual demand
- Reaching without looking
- Motor exploration without visual attention
- Looking toward but not AT you





Dyslexia

- Training to detect faster movement improves lexical decision making (Choake, 2012)
- Improving motion detection, tracking, scanning, and juggling via visual motor training results in improved phonological awareness (Quian & Bi, 2015)



Digitally Impacted Kids: Key Planning Considerations

- Amount of screen time compared to movement
- Presence of alternative non-video game leisure activities
- Non-identified postural, visual, perceptual and screen-induced attentional issues impacting self-regulation and attention



American Occupational Therapy Association (AOTA)
Washington, D.C.
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WOW - That's a lot. How do you get started?

[illegible]

BODY ACTIVATED LEARNING 
Powered by Sensational Experiences!

My Child's Sensational Profile

Biographies:
Challenges:
Responses to environment (biographies):
Quality of transitions:
Responses to skill-demand:
Remedy supports/instrument that help any child:

Other: _____

Amount Lent of My Child:

Overall: High Low

Around goes up when _____
Around goes down when _____

Optimize (Supporting my child's self-regulation):
Exercises to Energize:

Strategies that work to support self-regulation:

These bars support my child when he/she needs to concentrate or work independently

Facilities, pressure, breathing mask, quiet spaces, etc)

Authors (Export Body for Learning)

My child's needs support in: [MOVE](#) / [GO](#) / [ENGAGE](#) / [CREATE](#) / [WATCH](#)

Activities in Child Aid Foundation are:

Regroup (Recover from skill demands):

Activities that will help my child regroup are:




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Planning Your Exercises and Activities

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Classroom: Lesson Plans to Support Exploration

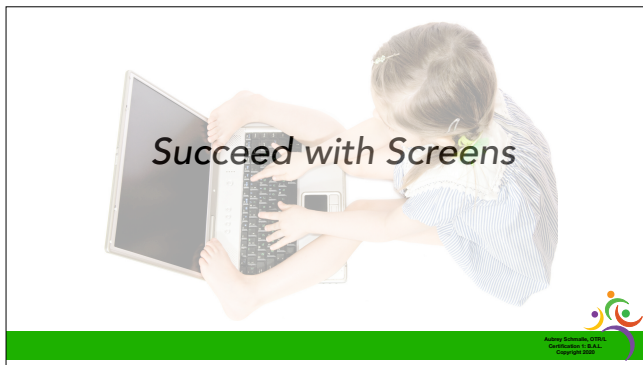
500+ ACTIVITIES  **LEARNING**
Tools • Strategies • Activities

Only Activated Learning Group Lesson Materials

Find thousands of ready-to-use lesson plans, activities, and strategies for middle and high school science. All are aligned with the standards and are designed to be used in the classroom.

- **With 4-Week Activated Learning Maps** by J. Robert J. Smith, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 265


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Screen Time Recommendations

- **Younger than 18 months**, avoid use of screen media other than video-chatting.
- **18 to 24 months**, choose high-quality programming, and watch it with the children to help them understand what they're seeing.
- **2 to 5 years**, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- **6 and older**, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.
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American Academy of Pediatrics

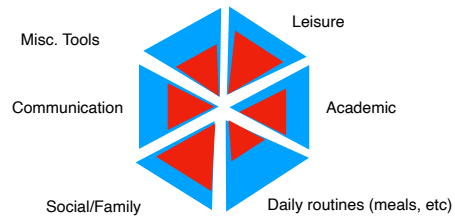


American Academy of Pediatrics
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American Academy of Pediatrics

Screen time Chart



Home Planning Tool

<https://www.healthychildren.org/English/men/Pages/default.aspx>

Family Media Plan

Screen Time
Calculator

American Academy of Pediatrics



Parent Action Steps

- **Be Present.** Technological interruptions are associated with child problem behaviors - Children need your guidance and modeling to learn how to manage technology to be creators, not consumers
- **Make a Family Home Plan for Media and Screen Time**
- **Create White Space** - Set up screen free zones and times in your home
- **Move with a purpose!** - Engage in sports, backyard games, and indoor obstacle course
- **Make plans for Weekly Digital Detox** - Low stimulation, nature hikes/ projects/outings, quiet spaces, yoga/meditation, little to no screens and technology, accomplish a goal as a family



Do what I say, Not what I do?

- **Be Present.** Technological interruptions are associated with child problem behaviors. Children need your guidance and modeling to learn how to manage technology to be creators, not consumers



Device Free Zones: Create White Space



We love technology
BUT
Family time
is a
PHONE FREE ZONE!



Weekly Digital Detox: Reduce Stimulation and Increase focus for attention



- Low stimulation, nature hikes/projects/outings, quiet spaces, yoga/meditation, little to no screens and technology, accomplish a goal as a family



Teacher Strategies

- **Reduce Screen use for wiggle breaks:** Up-level Brain Breaks with Body Activated Learning to prime the senses for learning through proactive and purposeful movement.
- **Use vision breaks paired with visualization daily** for regulation and goal-directed behavior
- **Plan for tech free learning times**
- **Provide alternative activities** to screens in down time, indoor recess, and quiet lunch activities.



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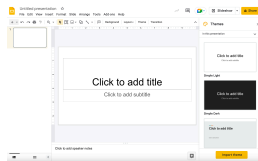
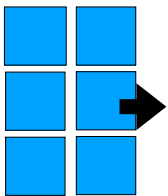
Visualization instead of Visual Stimulation

- Visualize goals daily or before beginning a task - Have children see themselves DOING and DOING IT WELL
- In gym class or movement groups: Experience, i feedback, visualize, reattempt
- Visualize and repeat stories to help internalize and consolidate the most important information
- Following 20 min of internet research, walk away and visualize the information (during your vision break)



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Create sensational experiences: Make a Story Board with Sticky Notes



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Provide Alternatives to Screens for Down Time and Indoor Recess



Creating a Screen Time Balance allows a child to...

- Engage in activities to self-regulate emotions and arousal
- Establish motor skills, social skills, and play skills
- Interact with and explore the environment to learn independently
- Engage in age-appropriate activities and develop independence in daily routines and learning tasks



How Can You Take Action?



"I don't have time"

is the grown up excuse for

*"The dog ate my
homework"*



Why is it SO Hard?

Self
Discipline

Less
physical
objects
(books)

We weren't
raised this
way

Subscriptions

Admin
Decisions

A New
Normal



Plan Ahead, Stay Present





With a little help,
every child can make



Worksheets/Handouts

Parent Resources

- Introduction to Home Programming
- Home Planning Worksheet
- Screen Time Assessment

Teacher Resources

- Lessons for Group Implementation
- Behavior Tracking Sheet
- Sensory Learning Profile
- Planning worksheet



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identify a child's digital profile
and practical ideas to help
children succeed!

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