**MOVE Group Short Stretching/Body Awareness Session**

This is a short introductory activity used in some of our MOVE groups when pupils are in a lying position. If any of the exercises/experiences are inappropriate for the child, please skip them.

**Learning Objectives:**

* To improve muscle tone
* To improve attention and listening skills

**Setup:** play nature/garden/ocean sounds on YouTube.

Go through all of the below exercises for at least 30 seconds:

Stretch out the toes on one foot

Rub the bottom of the foot with your thumb

Gently rotate the ankle on the same foot

Push the leg up toward the tummy very slowly and hold for 5 seconds (3 times)

Stretch out the toes on the other foot

Rub the bottom of the foot with your thumb

Gently rotate the ankle on the same foot

Push the leg up toward the tummy very slowly and hold for 5 seconds (3 times)

Squeeze both legs at the same time all the way up from the feet to the hips

Wiggle the hips

Squeeze all the way up the trunk to the shoulders

Squeeze the shoulders

Stretch out one arm to the side and stretch out the fingers (3 times)

Stretch out the other arm to the side and stretch out the fingers (3 times)

Squeeze from the hand all the way up to the head (both sides at once.)

**Body Awareness Session**

**Learning Objectives**

* To develop awareness of different parts of the body.
* To tolerate new experiences.
* To show preferences for different experiences or (if appropriate) demonstrate that they want more of or to stop the activity.

*For this activity, you will need to use a device which will play the listed sound effect from YouTube. Type in the words in the ‘sound effect’ column into the YouTube search bar in order to find the sound effect. Play each sound effect for 2-3 minutes. Pause for 10 seconds between each piece.*

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| **Action** | **Sound Effect** |
| Tap pupil from head to toes in time with the sound | Tapping sound effect |
| Squeeze pupil from head to foot | Plastic bag squeezing sound |
| Blow bubbles so they pop on pupil’s skin | Bubbles popping sound effect |
| Tickle pupil | Chuckling sound effect |
| Rub fabrics under pupil’s arms and legs | Rustling leaves sound effect |
| Massage hands | Ocean sound effect |