

Here is a sample letter of introduction for teachers for therapists who want to work in the classrooms with teachers and students. Please modify to meet your needs! Thank you Robin for sharing this with us.

September 9, 2011

Dear teachers,

I am so happy to be on the staff at PS 452 as a (very part-time) physical therapist. The dedication and enthusiasm is impressive and inspiring, and I am looking forward to contributing to the growth and development of this school.

As a physical therapist, I know that movement and exercise are essential to our children's physical, intellectual and emotional development and growth. Furthermore, I believe that integrating and incorporating physical activity into the school day will improve our student's behavior and attention, and have a direct and positive impact on classroom learning.

To support you in creating the optimal learning environment, I offer you the "Movement Menu", a series of mini-lessons I could teach in your classroom. I invite you to peruse the menu choices listed below, including brief descriptions. The lessons are flexible and can be shaped to accommodate your needs and time constraints.

I look forward to moving with you and your children! I am in the process of working out my schedule and will let you know the times that are available next week. Feel free to contact me by email if you would like more information or have any questions.

Best,

Robin Bahr, PT

P.S. 452 Movement Menu Mini-Lessons

1. SITTING SHAPES AND SPACES: to increase body and spatial awareness, and improve posture
2. ATTENTION GRABBERS: To increase self-regulation/attention and decrease outbursts/touching others
3. MOVEMENT BREAKS/STATIONS: To increase self-regulation/attention
4. RIGHT/LEFT: LATERALITY: To increase body/spatial awareness and prepare for/improve reading and writing
5. LINE LESSON: To increase calm and smooth transitions and decrease noise / restlessness
6. READING, WRITING AND SPELLING WARM UPS: S'cool Moves and Brain Gym exercises to prepare children for academic work

7. DESKTOP YOGA: breathing and poses while seated at desks to help children calm and attend