

Behavior

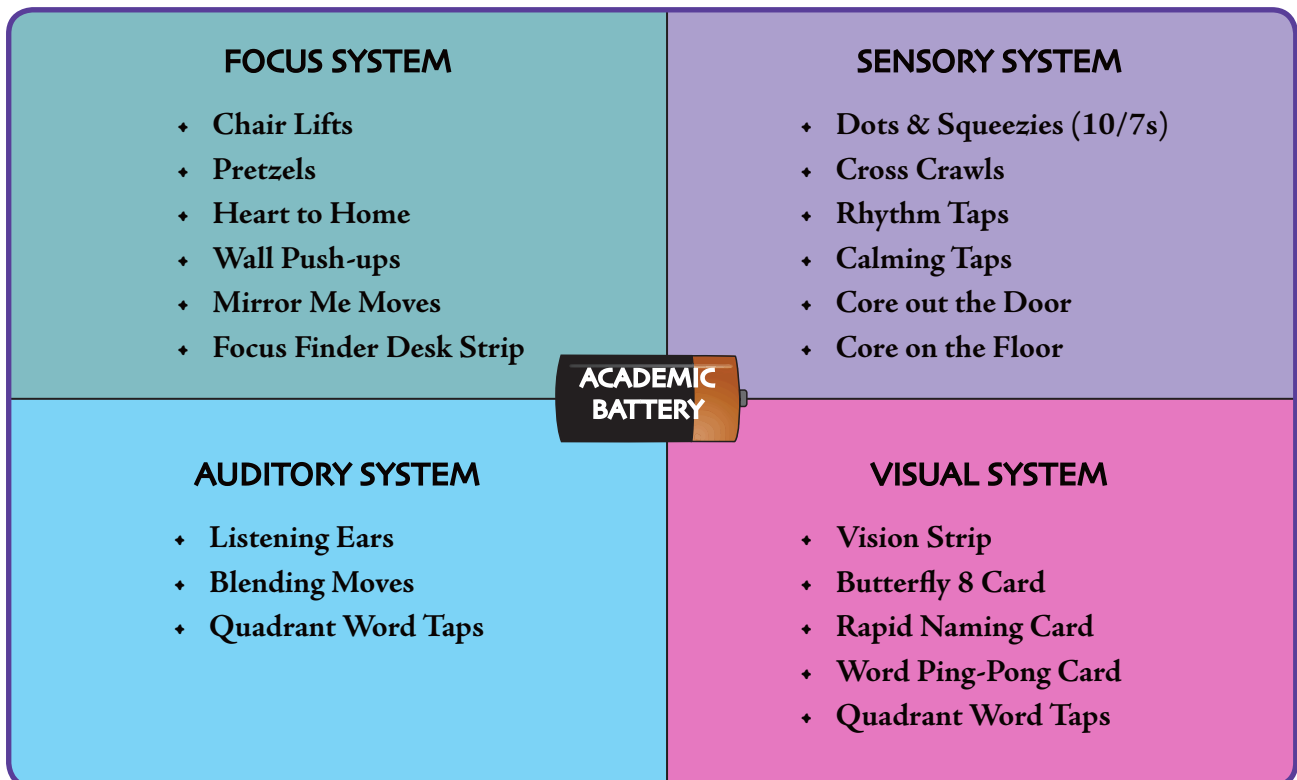
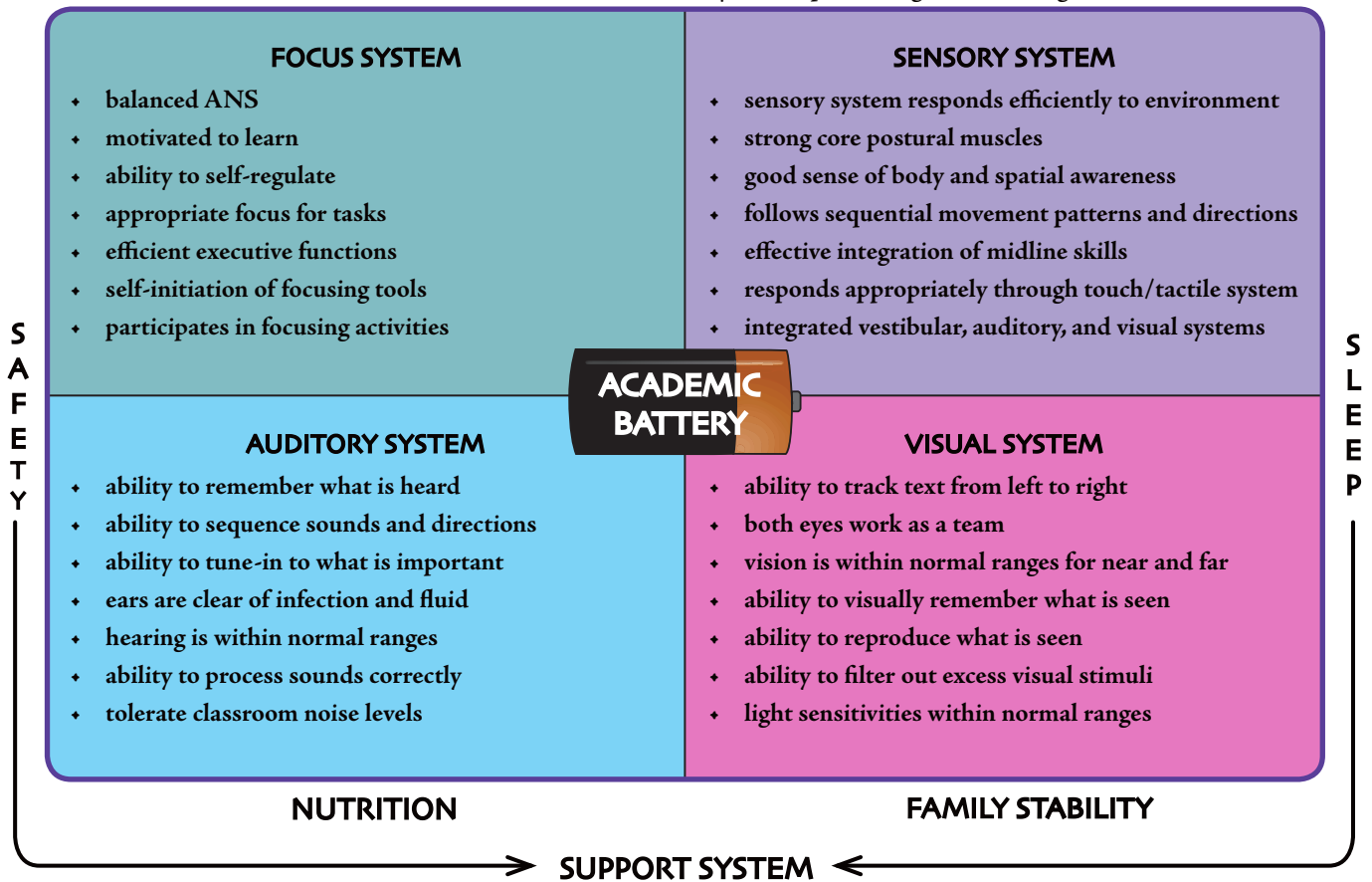
Try This

Why

FOCUS FACTORS		
Children who love to wrestle	Wall Push-ups	More appropriate way to get movement they crave
Difficulty settling in for an activity	Heart to Home	Gives the child a sense of where they are in space so they can be more present
Focus control issues	Focus Finder Desk Strips	The focus strips help children monitor their own behavior
Group needs to focus and take a quick break	Chair Lifts	Strengthens core and gives a quick break; can recite spelling words or math facts
Group needs to focus before taking a test	Mirror Me Moves	Calming music and slow movement helps quiet the nerves and enhances breathing
Needing a quick time out to regain control	Pretzels	The body position and tongue at the roof of the mouth is quieting for the child
Perfectionist and hyper-focused	Heart to Home	Breathing balances the body and reduces stress caused by perfectionism
SENSORY PROCESSING		
Disorganized, edgy, comes unglued easily	Dots & Squeezies (10/7s)	Provides calming deep pressure
Entire class of desk-wilters	Core Out the Door	Doing these activities helps strengthen core muscles for every student
Group is sleepy, child is droopy	Rhythm Tapping	The upbeat tapping on the body awakens the group/child
Hanging from the rafters after upbeat activity	I Can Calm Myself Moves	All the moves bring children back to a focused state of learning
Kinders with developmental lags	Core on the Floor	Core stability is the foundation for physical, emotional, and academic success
Letter reversals in reading or writing	Cross Crawls	Improves directionality skills
Poor sense of personal space	Dots & Squeezies (10/7s)	Improves joint awareness and helps the child know where she/he is in space
Turns paper while writing	Cross Crawls	Improves midline skills that may be contributing to avoiding crossing midlines
Upset at circle time	I Can Calm Myself Moves	Tapping to the beat of the heart is calming and increases feelings of safety
Writing without holding paper	Dots to non-writing hand	Improves the awareness in the hand that is not holding the paper
AUDITORY SYSTEM		
Child is talking and interrupting	Listening Ears	Increases input to the ears and serves as a signal to listen instead of talking
Difficulty following multistep directions	Quadrant Word Taps	Working on sequencing may improve ability to follow directions
Difficulty hearing sounds in words	Blending Moves	Sends messages to the brain and provides a multisensory way to learn
Struggling reader	Quadrant Word Taps	Enhances integration of the auditory and visual systems
VISUAL SYSTEM		
Difficulty remembering sight words	Quadrant Word Taps	Integrates the auditory and visual systems while learning words
Difficulty tracking text across the page	Vision Strips	Daily one minute routines may improve tracking and other vision skills
Halted Reading	Rocket Reader Dot Card	Practicing daily before reading may increase rapid naming speed
Reading comprehension issues	Core out the Door	Research supports the correlation between weak postural stability and reading
Test-taking stress	Butterfly 8 Desk Card	Enhances frontal lobe activity and reduces brain stem activity related to stress

MINUTE MOVES & THE ENERGY EXPENDITURE MODEL

What Goes Into a Child's Academic Battery to Keep it Charged and Energized?



NOTE: Our *In-A-Pinch S'cool Moves Guide to Behavior Challenges* chart is color coded to correspond to this chart