

S'cool Moves Online Course Lessons

1. Introduction, Backstory, and Evidence-Based

1. Welcome, Instructions, & Optional University Registration
2. Technology 101
3. Stay Connected, Receive Free Activities, and Join our Community
4. Making Your Job Easier and More Fun!
5. Download the Course Outline
6. Overview of Activities for this Lesson
7. Introduction Treasure Hunt
8. The Theoretical Framework for S'cool Moves
9. Five Systems Meet the Five Big Ideas
10. Change the Body, Change the Brain
11. The Six S'cool Moves Principles
12. Important Self-Portrait Activity
13. Tiered Intervention
14. Download Your Minute Moves Activities, Job Cards, and Family Letters
15. Download Accountability Forms and Focus Moves Booklet
16. Download for ANS/Focus, Sensory, Vision, and Auditory Systems
17. Downloads Within Each Lesson
18. Reading-Movement Cards Complete Sets
19. Download Quadrant Word Tap Sets 1-2 and 3-4
20. Download Foundation Moves Preschool Activities
21. Download Music Playlist
22. Your One Thing

2. The Autonomic Nervous System's Role in Focus and Learning

1. Overview of Activities for this Lesson
2. Download PDFs of ANS & Focusing Activities
3. Minute Moves Calming Routine Research on Deep Pressure
4. Minute Moves for Calming Routine with Mickey and Minnie Mouse
5. I Can Calm Myself Routine with Dog Demonstration
6. Calming Routine Mash-Up
7. Bunnies Go Bounce, by Rainbow Planet
8. Sleep Expert Introduction and Demonstration of Sleep Routine
9. What is Polyvagal Theory?
10. Minute for Fine Motor Routine Research and Demonstration
11. Minute Moves for Fine Motor Poem and Video with Diane Fine, OTR
12. The Bunny Poem
13. Put On Your Writing Glove
14. Minute Moves for Focus
15. Wall Push-ups with Words
16. Tiered Intervention Road Trip Using Wall-Pushups
17. Minute Moves for Recess Refocusing

18. Research on the Proprioceptive System
19. Foundation Moves: Preschoolers Doing Frog Hops
20. Foundation Moves: Frog Hops at Home
21. Jumping Feet 1: Occupational Therapist and Student Instructions
22. Jumping Feet 2: Occupational Therapist and Student Instructions
23. Smiley Jumps 1
24. Smiley Jumps 2
25. Reading-Movement Cards for Calming and Fine Motor Activities
26. Reading-Movement Cards for Mirror Me Moves
27. Minute Moves Focus Finder Desk Strip
28. Your One Thing

3. The Sensory System's Role in Learning

1. Overview of Activities for this Lesson
2. Download PDFs of Sensory Activities
3. Insider Look At Sensory Processing Evaluation
4. What is the Vestibular System?
5. Twister Puzzle Cards Download & Magnetic Board Cut-out Sheet
6. Twister Puzzle 1 and 2
7. Foundation Moves: I See Shape 1 and 2
8. Minute Moves Core out the Door and Core on the Floor
9. Focus Shapes 1 & Focus Shapes 2, Belly Stretches, Developmental Symphony
10. Focus Shapes Daily Routine: Student with Down Syndrome
11. Focus Shapes: PE Teacher and Occupational Therapist Collaboration
12. Snow Angel Taps and Robo-Pats
13. Yawnbuster with Debra Em
14. Yawnbuster: Go to a Ball Game
15. Cross Patterns with Occupational Therapist and Student Instructions
16. Cross Patterns with Mother and Child at Home
17. Foundation Moves: Preschoolers Doing Cross Patterns
18. Reading-Movement Cards for Cross Patterns
19. Expert Interview: Eilene Green, Discusses Readiness & Midline Skills
20. Hands & Feet 1: Occupational Therapist and Student Instructions
21. Hands and Feet 2: Occupational Therapist and Student Instructions
22. Arrow Activities
23. Rhythmic Tracking
24. Rhythm Snaps
25. Chalk Daze Activities
26. Physical Therapist's Obstacle Course
27. Your One Thing

4. The Visual System's Role in Learning

1. Overview of Activities for this Lesson
2. Download PDFs of Vision Activities
3. Minute Moves for Vision
4. Vision Activity Floor Level
5. Foundation Moves: Going Home Poster with Child With Autism
6. Vision Moves: Occupational Therapist and Student Instructions
7. Vision Moves: Wheelchair Modification
8. Figure 8 Instructions
9. Foundation Moves: Preschoolers Doing Butterfly 8s
10. Figure 8's with Words
11. Research Minute: What is RAN?
12. Foundation Moves: Preschoolers Doing Rocket Reader Poster
13. Shape Tracking
14. Smiley Tracing
15. Rapid Naming Desk Card with Teacher Explaining to Students
16. Neurological Vision Challenges
17. Developmental Optometry with Dr. Steven Goedert and Student's Completing Tasks
18. Vision & Screens
19. Noodle Ball Activity
20. Reading-Movement Cards for Rapid Naming
21. Transition Tune-ups
22. Your One Thing

5. The Auditory System's Role in Learning

1. Overview of Activities for this Lesson
2. Download PDFs of Auditory-Visual Integration Activities
3. Hearing Evaluation: When Minimal Is Maximal In The Classroom
4. Preschoolers Doing Band Moves
5. Auditory Processing Bands
6. Quadrant Word Taps
7. Foundation Moves: Lily Pats and Super Lily Pats
8. Roller Ball Spelling
9. Safe and Sound Protocol
10. Your One Thing

6. Collaboration: Accomplish More Together!

1. Overview of Activities for this Lesson and the Conclusion Lesson
2. Evidence Based and Using Causal Layered Analysis (CLA)
3. Collaboration: What Works, Dr. Debra Em Wilson's Dissertation Recap
4. Dr. Amy Spence's Time on Task and SNARE Studies
5. Being Strategic: One of Your Peers Shares Her Strategy
6. Implementation Tips: Finding the Need

7. What is "Stickiness?"
8. Ms. Anderson's Power Up! Classroom
9. Class in Action: Small Group Reading Stations
10. Riverview Elementary School
11. Focus Moves Collaboration & Implementation
12. Thirty-three Insights for Collaboration Success
13. Staff Share PowerPoint Presentation Ready to Go!
14. Your One Thing

7. Conclusion: Bringing it all Together

1. In A Pinch Chart: Common Behaviors & Intervention Suggestions
2. If You're Too Happy...
3. One Little Word That Changes Everything...
4. Your Ten Milestones
5. Debra Em and Shalea Say Good Night
6. Final Thoughts
7. How to Purchase Debra's Favorite Items
8. You must complete this section if you are getting units
9. Certificate of Completion