Mixing curriculum with movement...The Top Ten Reasons for Why You May Want to Jump on this...

1. Choral learning can reinforce concepts from an auditory modality.
2. Rhythmic movement is calming and predictable.
3. Incorporating counting (it’s not just 1,2,3, 4...anymore!)
4. Great transition activity to empower students and teachers to move from one task to another.
5. Quick skill and drill for vocabulary, spelling, math facts.
6. Super for slow processors (they get to hear ‘cause they are near!)
7. Aerobic exercises provide oxygenation to the brain.
8. Increased focus, attention and stress relief with movement.
9. Provide necessary sensory input to help with alerting and concentration.
10. A novel approach for classroom, brain based management.

*Tere Bowen-Irish OTR/L www.allthepossibilitiesinc.com *may be used for instructional purposes
**Great Books for – Movement, Relaxation and Mindfulness**

- I’m 10% Happier by Dan Harris
- Crazy Busy by Edward Hallowell Smart Moves by Carla Hannaford
- The Laughing Classroom by Loomans and Kolberg
- Yardsticks by Chip Wood
- The Blue Day Book for Kids by Bradley Trevor Grieve
- Teaching with the Brain in Mind by Eric Jensen
- A User’s Guide to the Brain by John Rately
- Ready, Set, R.E.L.A.X. by J. Allen and R. Klien
- How Does Your Engine Run? *The Alert Program* by Shellenburg and Williams
- The Mindful Child by Susan Kaiser Greenland
- Spinning Inward by Maureen Murdock
- Building Bridges for Sensory Integration by Aquilla, Sutton and Yack
- What to do When You Worry Too Much By Huebner and Matthews
- From Rattles to Writing by Barbara Smith
- Making the Brain Body Connection by Promislow
- Spark by Rately
- Raising a Sensory Smart Child by Biel and Peske
- The Kinesthetic Classroom by Lengel and Kuczala
- Teaching the Moving Child by Berkey
- Turnaround Tools for the Teenage Brain by Jenson and Snider
- The Sharp Brains Guide to Brain Fitness
- Calm Kids by L. Murray
- The Drive Thru Menu Suite (bringing movement into the classroom and home) by Tere Bowen-Irish
- Have You Filled Your Bucket Today by Katherine Martin
- If You’re Angry and You Know it by Cecily Kaiser
- Living Like a Child by Enrique Feldman
- The Sensory Connection Program by Karen Moore
- Yogakids by Marsha Wenig
- Yoga Pretzels by Guber and Kalish
- Mindful Teaching and Teaching Mindfulness by Scholeberlein and Sheth
- Yoga for the Special Child Sonya Sumar

*This list is compiled from a variety of resources by Tere Bowen-Irish OTR/L
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