



COURSE SYNOPSIS

According to the National Alliance on Mental Illness, 50% of chronic mental illness begins by age 14. Research, however, shows that when children are taught emotional intelligence, stress management, self-compassion, empathy, and engage in physical activity, they demonstrate significant improvements in resilience, self-regulation, behavior and academic performance.

This course shares movement and breathing activities that can be done in class or at home, are energizing or relaxing, organizing and focusing, and are equally effective when taught by teachers, parents or peers.

This is a DOING course.

Therapists are encouraged to exercise... and breathe... throughout the webinar.

Continuing Education

Distance Learning
Independent Webinar
References included

2.5 hours = .25 CEUS



LEARNING OBJECTIVES: At the end of the webinar, participants will be able to:

1. Describe 3-5 energizing and organizing heavy work, midline crossing, movement and inversion activities students can do in school or at home
2. List and demonstrate therapeutic movements, poses and routines children can use throughout the day to relax
3. Identify and employ hand postures to promote focus and self-regulation,
4. Summarize and describe 3-5 breathing and mindfulness exercises to increase or decrease energy.

Participants must earn at least 70% on a 10-question multiple choice test at the end of the webinar. Course Evaluations, Post Tests, Handouts and links to the webinar will be sent via email.

TIME-ORDERED AGENDA

Minute increments	Topic(s) covered	Instructional Method
0-10	Intro. Course requirements. Learning Objectives.	Keynote slides; handout
10-20	Research on social-emotional health and self-regulation. Warm-up exercises in class/home	Keynote slides; handout
20-30	Vestibular activities, (e.g. Coke/Pepsi) incl. Heavy Work, Inversion, Linear/Circular movement, Crash and Bump play.	Keynote slides; handout
30-40	Movement options inside the classroom, including Personal Exercise Charts	Keynote slides; handout
40-50	Movement options outside the classroom. Sensory-motor paths in the halls.	Keynote slides; handout
50-60	Energizing Brain Break movement games for recess/home. Relaxing yoga poses/sequences.	Keynote slides; handout
60-70	Yoga poses and movement sequences	Keynote slides; handout
70-80	Neurophysiological impact of inversion postures and yoga	Keynote slides; handout
80-90	Yoga poses/movement sequences. Hand postures (i.e. Mudras) for concentration/anxiety	Keynote slides; handout
90-100	Mudras. Chants. Eye Exercises and Mindfulness	Keynote slides; handout
100-110	Mindfulness. Affirmative self-talk. Intention. Forest Bathing.	Keynote slides; handout
110-120	Breathing Exercises, including Pursed Lip, Alternate Nostril, Bunny, Flower, Bear (etc.)	Keynote slides; handout
120-130	Breathing Ex., incl. Hissing, Humming, Fish, Ocean, Dandelion, Counting, Belly & Balloon	Keynote slides; handout
130-140	Breathing Ex., incl. Lazy Eight and Breath of Fire	Keynote slides; handout
140-150	Inspirational quote. Closing Directions. References.	Keynote slides; handout



American Occupational Therapy Association

Approved Provider

NOTE: AOTA Approved Provider status does not indicate approval or endorsement of the contents of this webinar.

Educational level - INTRODUCTORY

Category 1: Domain of OT

Category 2: OT Process

Performance Skills:
Emotional Regulation Skills
Performance Patterns:
Routines and Rituals

Intervention:
Develop intervention plan
Therapeutic Use of Self;
Therapeutic use of activities

This course is appropriate for OTs, OTA, Teachers, Parents or Paraprofessionals working with preschool to school-aged children.

Questions about Accessibility, Cancellation, Credits & more are available at realOTsolutions.com or write: bev@realOTsolutions.com