

PPSS Resource pack for Parents to use with students at home (Dance/movement)

Self-Regulation:

Neuro Movement

Music: Jack Johnson, Better together.

Stage A	Stage B
Repeat as many times as the student requires.	
Adult sits behind student against a wall on a yoga mat.	Students choose a mat and a partner and face each other.
1. Holding students hands to chest inhaling in four 4 counts and exhaling 4 counts repeat 4 times. If students require more just keep going.	1. Student's mirror each other inhaling in, using their breath and as exhaling out. On the exhale their hands touch the other persons back of hand and repeat another 3 times.
2. Adult squeezes arm of student starting from wrist to shoulder and shoulder to wrist. Repeat on other side and if student requires more (repeat)	2. Student squeezes own arm starting from wrist to shoulder and shoulder to wrist. Repeat other arm. Repeat
3. Adult does the same on each leg starting from the ankle up to thigh and thigh to ankle.(If you can reach) repeat	3. Students do the same on each leg starting from the ankle up to thigh and thigh to ankle. Repeat
4. Adult holds both students arms out to the side and curls in squeezing students arms in a folded position. Repeat	4. Students mirror arms out to the side and curls body and arms into a folded position. Repeat
5. Adult holds students arms out to the side and rocks from side to side touching one hand on the floor before transitioning to the other side -These are very slow movements do as many as the student's need.	4. Student holds arms out to the side and rocks from side to side, touching one hand on the floor before transitioning to the other side-very slow movement. Repeat
5. Adult puts hands on students shoulders and rotates upper body in a circular motion changing directions after 4 rounds (repeat)	5. Both students hold hands and rotate upper bodies in one direction then changing directions after 4 rounds

6. REPEAT SEQUENCE	6. Students rock back and forwards, one lying flat on back and the other leaning forward then change positions - REPEAT SEQUENCE
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Stage C and D is all done in a standing position using opposite arms to legs and using whole body movements and directional patterns.

The following is a list of resources with links provided that are currently being used as part of the PPSS Dance/Movement program:

Dance, Games & Exercises:

<https://www.youtube.com/watch?v=CRcJqEnI6Mg>

<https://www.youtube.com/watch?v=kfdpno3gXtA>

<https://youtu.be/-pXg6F7GsMQ>

<https://youtu.be/cZeM18fPbvI>

Arts Festival Preparations:

<https://youtu.be/MHungfllLkQ>

<https://youtu.be/Qgq8nZqYNmE>

Aerobase Link:

<https://vic.gymnastics.org.au/VIC/Programs/Aerobase/VIC/Programs/Aerobase.aspx?hkey=17597d06-d8d7-4dac-a674-79c43eabc3a8>

Cool-down:

<https://youtu.be/Kad5ZP0unoY> (Music Only)

<https://youtu.be/CITc2AxYnPY>