

# PPSS Resource pack for Parents to use with students at home

## (Dance/movement)

### Self-Regulation:

#### Neuro Movement

Music: Jack Johnson, Better together.

<b>Stage A</b>	<b>Stage B</b>
<b>Repeat as many times as the student requires.</b>	
Adult sits behind student against a wall on a yoga mat.	Students choose a mat and a partner and face each other.
<b>1.</b> Holding students hands to chest inhaling in four 4 counts and exhaling 4 counts repeat 4 times. If students require more just keep going.	<b>1.</b> 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.
<b>2.</b> Adult squeezes arm of student starting from wrist to shoulder and shoulder to wrist. Repeat on other side and if student requires more (repeat)	<b>2.</b> Student squeezes own arm starting from wrist to shoulder and shoulder to wrist. Repeat other arm. Repeat
<b>3.</b> Adult does the same on each leg starting from the ankle up to thigh and thigh to ankle.( If you can reach) repeat	<b>3.</b> Students do the same on each leg starting from the ankle up to thigh and thigh to ankle. Repeat
<b>4.</b> Adult holds both students arms out to the side and curls in squeezing students arms in a folded position. Repeat	<b>4.</b> Students mirror arms out to the side and curls body and arms into a folded position. Repeat
<b>5.</b> 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.	<b>4.</b> 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
<b>5.</b> Adult puts hands on students shoulders and rotates upper body in a circular motion changing directions after 4 rounds (repeat)	<b>5.</b> Both students hold hands and rotate upper bodies in one direction then changing directions after 4 rounds

<b>6. REPEAT SEQUENCE</b>	<b>6. Students rock back and forwards, one lying flat on back and the other leaning forward then change positions - REPEAT SEQUENCE</b>
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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>