



# Get Up and Go!

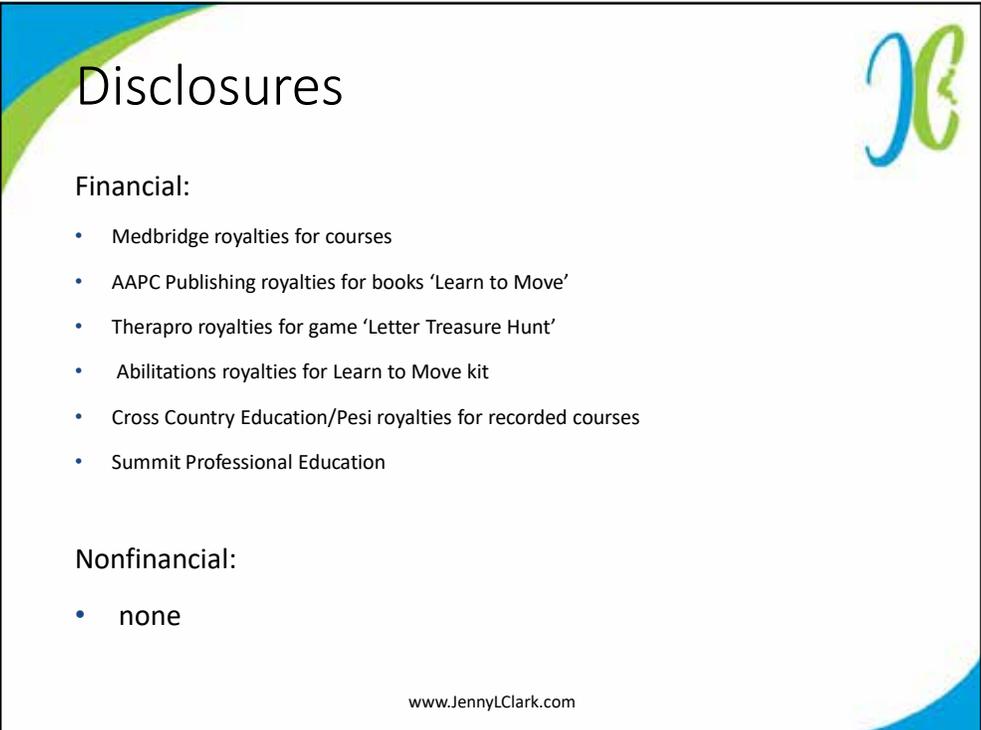
## Motivating Children with SPD to Get Unplugged and Physically Active



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## Disclosures

**Financial:**

- Medbridge royalties for courses
- AAPC Publishing royalties for books 'Learn to Move'
- Therapro royalties for game 'Letter Treasure Hunt'
- Abilitations royalties for Learn to Move kit
- Cross Country Education/Pesi royalties for recorded courses
- Summit Professional Education

**Nonfinancial:**

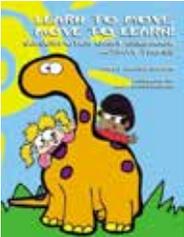
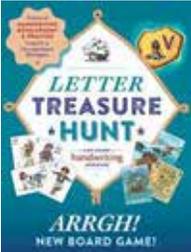
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## Jenny's Bio

- Pediatric OT 30+ years
- Schools, EI, Private Practice SI Clinic
- CE Instructor 20+ years
- Author *Learn to Move* books
- Invented *Letter Treasure Hunt* Handwriting Game
- Loves mountain biking, yoga, kayaking, hiking, gardening, photography, kitties!
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## Poll Question

### What is your occupation?

- OT
- PT
- Speech
- Teacher
- Parent

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## Course Objectives

1. Examine current evidence indicating the importance of getting kids who have neurological disorders unplugged and physically active.
2. Develop a repertoire of meaningful and purposeful wellness interventions for children with SPD such as yoga, deep breathing, mindfulness, and outdoor activities.

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## Problems with Too Much Screen Time for Children

- More than 1 hr/day in preschool children results in lower measures of myelination tracts (white matter) in brain development, affecting language, literacy, and executive fx skills.
- (Hutton, et al, 2019)
- Increased screen time correlates with decreased developmental milestone performance in children ages 36-60 months
- (Madigan, et al, 2019)
- Higher amount of screen time is related to lower fine motor skills.
- (Webster, et al , 2019)

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## Screen Time for Children? Recommendations

- **World Health Organization Screen time recommendations (2019)**
- Infants under 12 months should not be exposed to electronic screens
- Children ages of 2 and 4 no more than 1 hour of “sedentary screen time” each day
- Children under 5 should also get more exercise and sleep in order to develop healthy habits to stave off obesity and diseases

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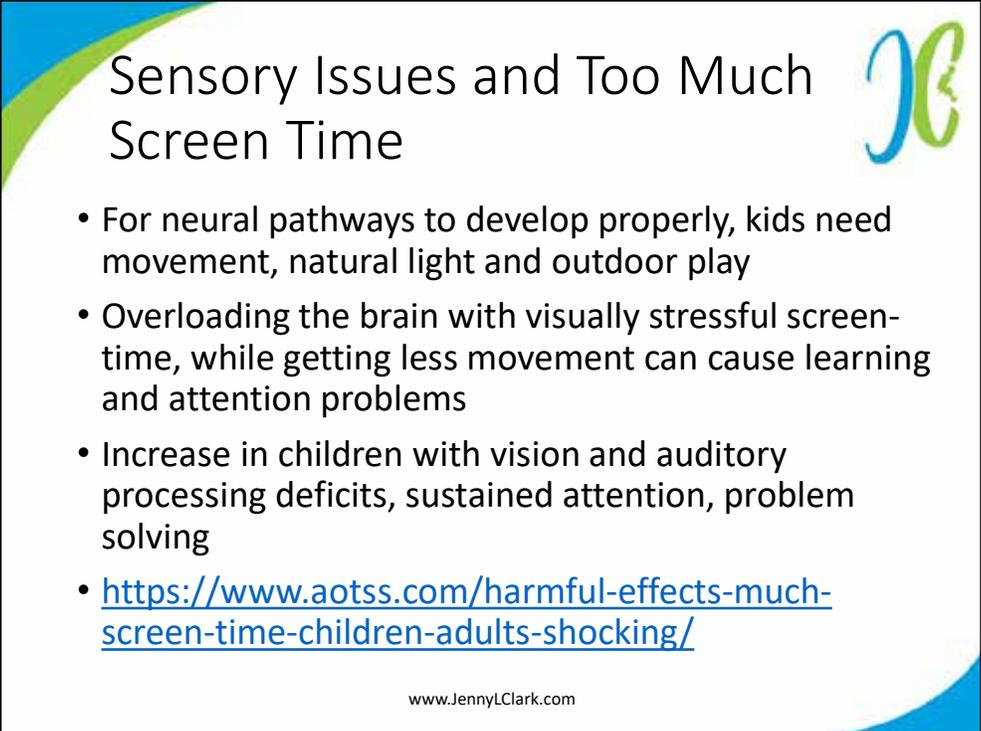


## Prevalent Childhood Disorders & Deficiencies Impacted by Sedentary Lifestyle

- Sensory Issues
- Childhood Obesity
- Exercise Deficit Disorder
- Vitamin D Deficiency
- ADHD/Attention Fatigue
- Nature-Deficit Disorder

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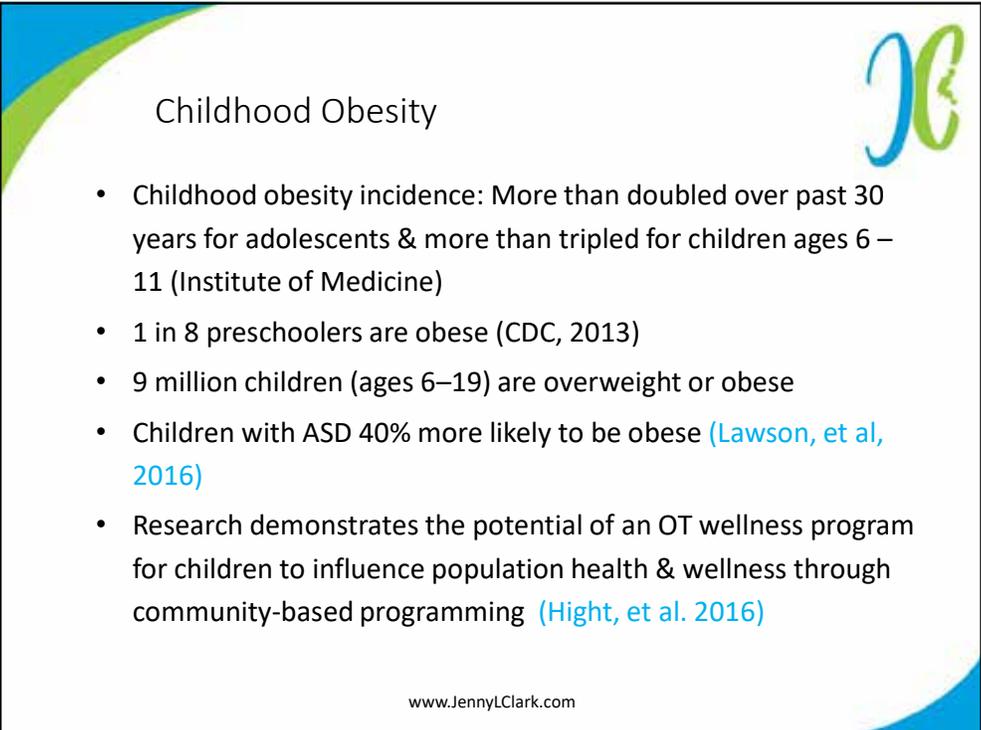


## Sensory Issues and Too Much Screen Time

- For neural pathways to develop properly, kids need movement, natural light and outdoor play
- Overloading the brain with visually stressful screen-time, while getting less movement can cause learning and attention problems
- Increase in children with vision and auditory processing deficits, sustained attention, problem solving
- <https://www.aotss.com/harmful-effects-much-screen-time-children-adults-shocking/>

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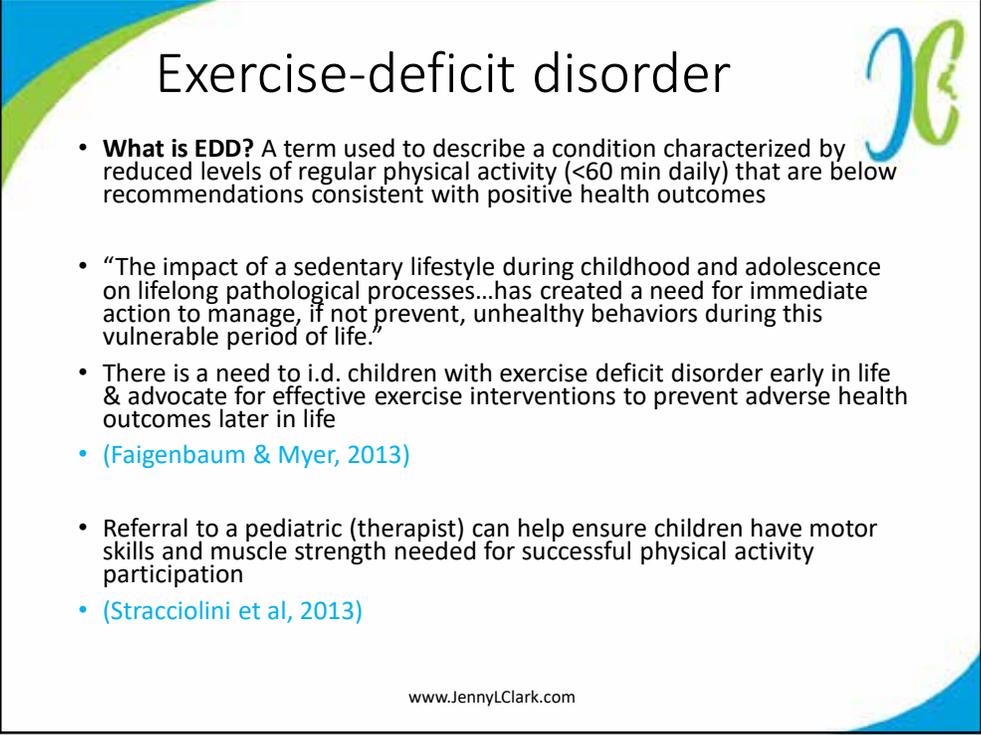


## Childhood Obesity

- Childhood obesity incidence: More than doubled over past 30 years for adolescents & more than tripled for children ages 6 – 11 (Institute of Medicine)
- 1 in 8 preschoolers are obese (CDC, 2013)
- 9 million children (ages 6–19) are overweight or obese
- Children with ASD 40% more likely to be obese (Lawson, et al, 2016)
- Research demonstrates the potential of an OT wellness program for children to influence population health & wellness through community-based programming (Hight, et al. 2016)

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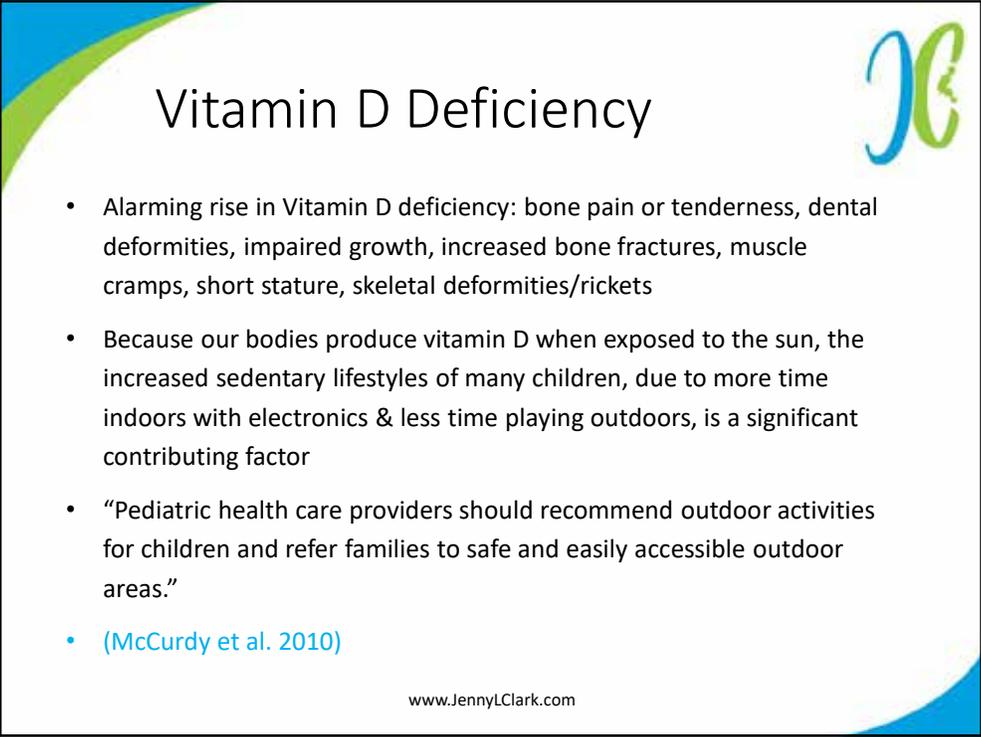
## Exercise-deficit disorder



- **What is EDD?** A term used to describe a condition characterized by reduced levels of regular physical activity (<60 min daily) that are below recommendations consistent with positive health outcomes
- “The impact of a sedentary lifestyle during childhood and adolescence on lifelong pathological processes...has created a need for immediate action to manage, if not prevent, unhealthy behaviors during this vulnerable period of life.”
- There is a need to i.d. children with exercise deficit disorder early in life & advocate for effective exercise interventions to prevent adverse health outcomes later in life
- (Faigenbaum & Myer, 2013)
- Referral to a pediatric (therapist) can help ensure children have motor skills and muscle strength needed for successful physical activity participation
- (Stracciolini et al, 2013)

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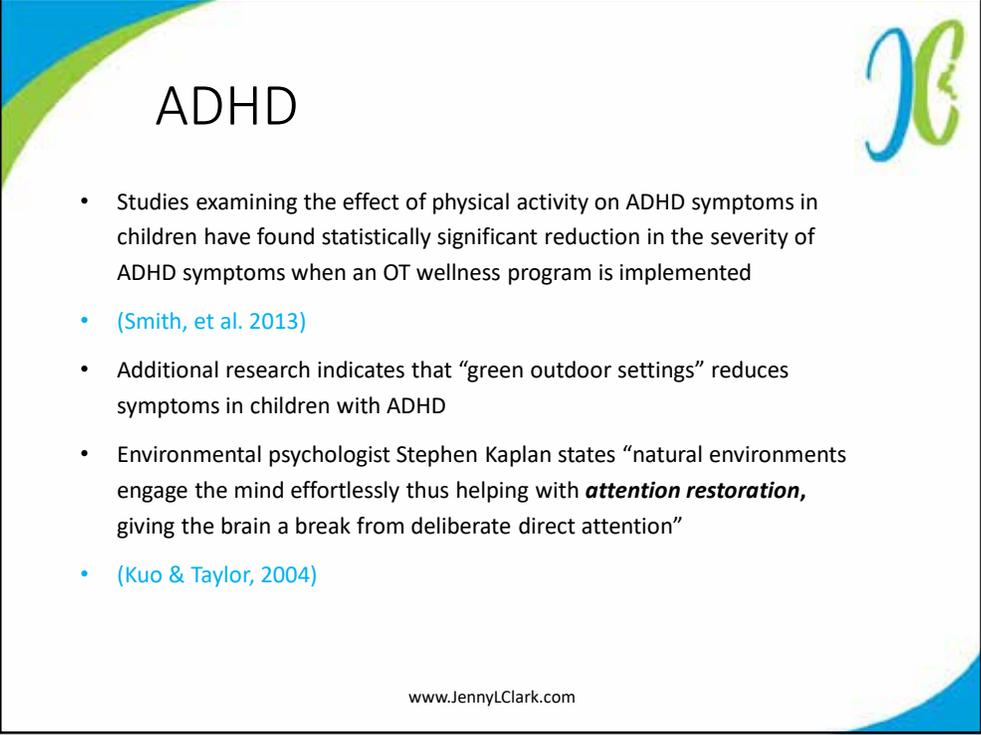
## Vitamin D Deficiency



- Alarming rise in Vitamin D deficiency: bone pain or tenderness, dental deformities, impaired growth, increased bone fractures, muscle cramps, short stature, skeletal deformities/rickets
- Because our bodies produce vitamin D when exposed to the sun, the increased sedentary lifestyles of many children, due to more time indoors with electronics & less time playing outdoors, is a significant contributing factor
- “Pediatric health care providers should recommend outdoor activities for children and refer families to safe and easily accessible outdoor areas.”
- (McCurdy et al. 2010)

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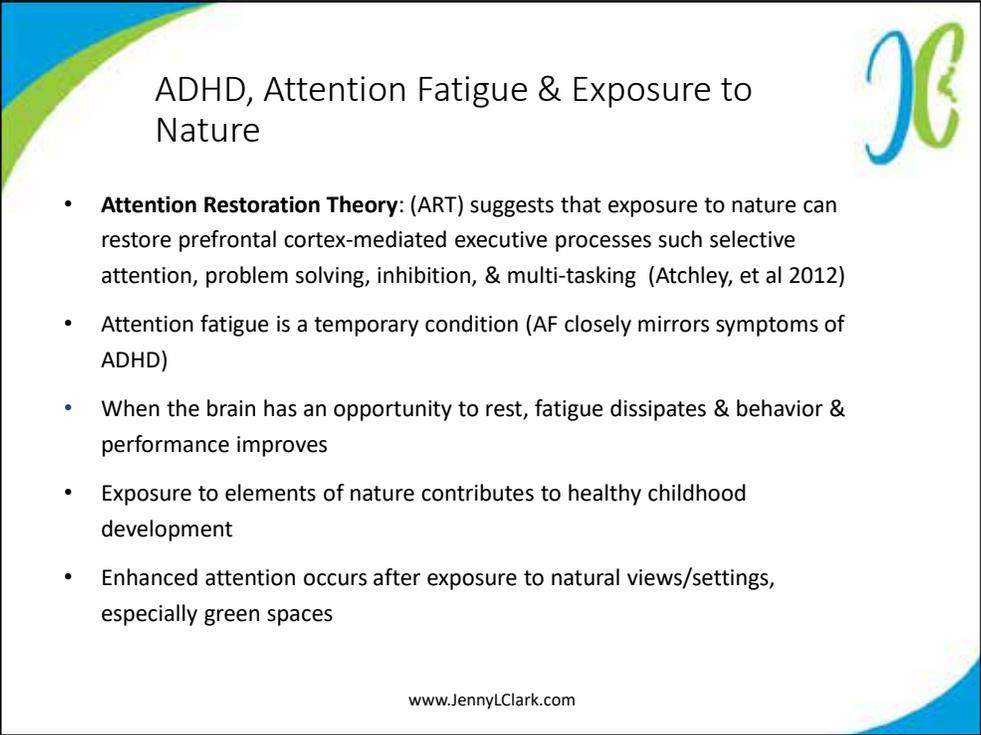


## ADHD

- Studies examining the effect of physical activity on ADHD symptoms in children have found statistically significant reduction in the severity of ADHD symptoms when an OT wellness program is implemented
- (Smith, et al. 2013)
- Additional research indicates that “green outdoor settings” reduces symptoms in children with ADHD
- Environmental psychologist Stephen Kaplan states “natural environments engage the mind effortlessly thus helping with **attention restoration**, giving the brain a break from deliberate direct attention”
- (Kuo & Taylor, 2004)

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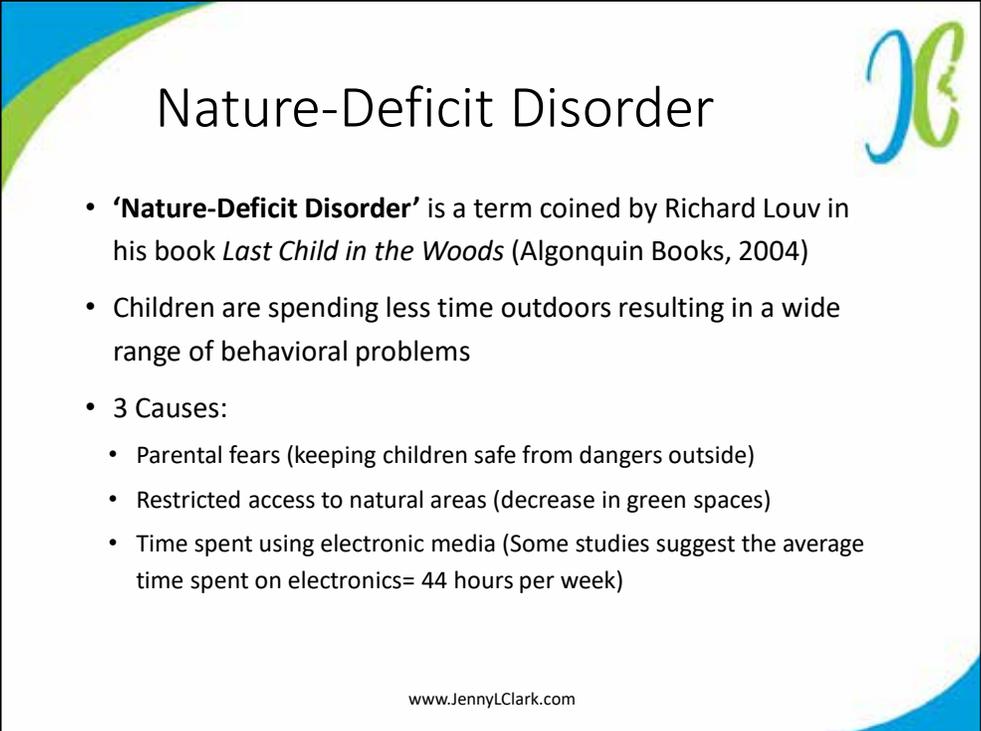


## ADHD, Attention Fatigue & Exposure to Nature

- **Attention Restoration Theory:** (ART) suggests that exposure to nature can restore prefrontal cortex-mediated executive processes such as selective attention, problem solving, inhibition, & multi-tasking (Atchley, et al 2012)
- Attention fatigue is a temporary condition (AF closely mirrors symptoms of ADHD)
- When the brain has an opportunity to rest, fatigue dissipates & behavior & performance improves
- Exposure to elements of nature contributes to healthy childhood development
- Enhanced attention occurs after exposure to natural views/settings, especially green spaces

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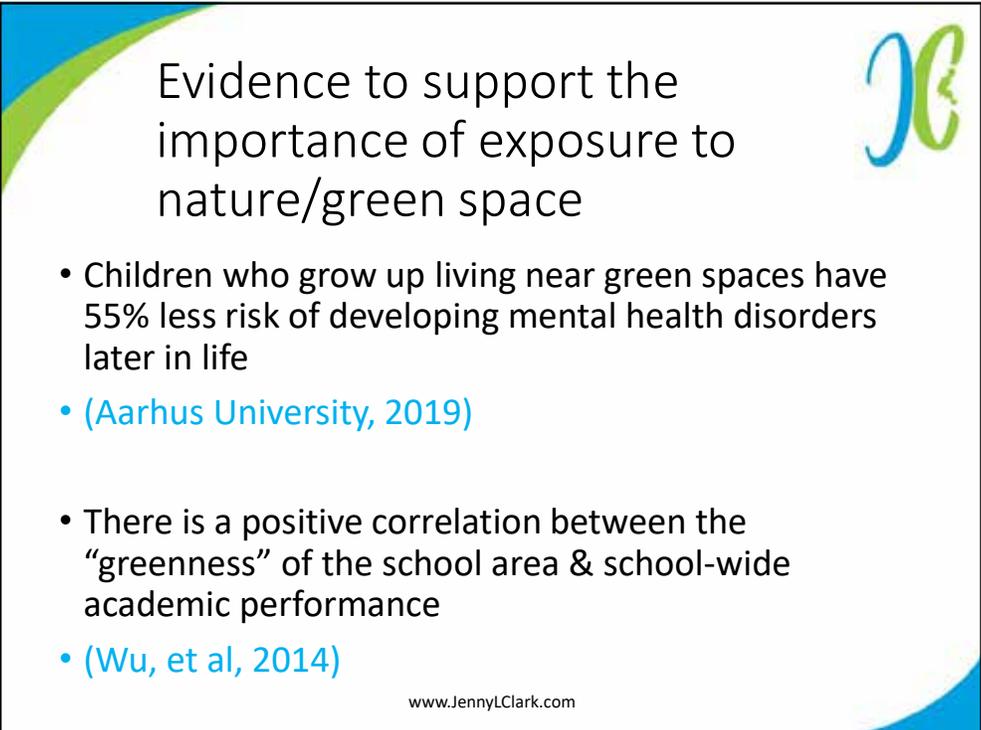


## Nature-Deficit Disorder

- **'Nature-Deficit Disorder'** is a term coined by Richard Louv in his book *Last Child in the Woods* (Algonquin Books, 2004)
- Children are spending less time outdoors resulting in a wide range of behavioral problems
- 3 Causes:
  - Parental fears (keeping children safe from dangers outside)
  - Restricted access to natural areas (decrease in green spaces)
  - Time spent using electronic media (Some studies suggest the average time spent on electronics= 44 hours per week)

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## Evidence to support the importance of exposure to nature/green space

- Children who grow up living near green spaces have 55% less risk of developing mental health disorders later in life
- (Aarhus University, 2019)
- There is a positive correlation between the "greenness" of the school area & school-wide academic performance
- (Wu, et al, 2014)

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## Blue Space Neuroscience

“There is something about being in water and swimming which alters my mood, gets my thoughts going, as nothing else can.” - Oliver Sacks

- Blue space refers to exposure to water such as rivers, springs, lakes or the ocean (walking on the beach)
- Reduces stress (just getting your feet wet), boosts creativity, reduces depression, improves cardiovascular health due to ↑ PA
- **The science behind the myth:**
- People living near blue spaces report higher levels of physical activity (Gascon, et al 2017)
- Interaction with blue space has a positive effect on mental health (Gascon, et al 2017)
- Water fountain sounds manage anxiety (Abd El Aziz A. N, et al 2012)

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## Get Kids Moving!

- What is the common denominator among these children?
- **Reduced physical activity!**
- <https://www.gocomics.com/foxtrot/2019/06/23>
- Studies show that kids who play outside are happier, more focused, less anxious
  - Stimulates social interactions
  - Increases physical activity
  - Improves problem solving
  - Enhances creativity
- <https://www.childrenandnature.org/research-library/>

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## Evidence-Based Neurophysiological Benefits of Movement for Children



- Aerobic physical activity is positively associated with cognition, academic achievement, behavior, and psychosocial functioning
  - (Lees & Hopkins, 2013)
- Physical activity improves childhood cognition, executive functioning, & brain health (Hillman, et al, 2014)
- Memory:
  - Fit children have greater brain volume in the hippocampus for enhanced memory retention (Chaddock-Heyman et al, 2014)
  - Children have improved problem solving, executive functioning, & working memory after participating in an after-school exercise program (Kamijo et al, 2012)

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## Evidence-Based Neurophysiological Benefits of Movement for Children



- Attention:
  - Children who exercise are better at filtering out task-irrelevant info (Kamijo et al, 2015)
  - Kids attention improves after exercise (Drollette et al, 2014)
- Academics:
  - Children who were assigned a daily schedule with more physical activity breaks outperformed their control-group peers in mathematics and reading (Tompsonowski, 2016)
  - Kids who exercised 10-20 minutes prior to a math test outperformed kids in sedentary control group (Howie et al, 2015)

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## Meaningful Occupation in Nature Get kids outside!

- Playgrounds & Parks
- National Parks
- Recess
- Hiking with kids
- Biking with kids
- Camping with kids
- Fishing with kids
- Geocaching

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## Playgrounds & Parks

- Adapted playground
- School playground
- Local parks
- Dog park
- State parks
- Parks & Rec
- Green Spaces
- **What's in your community?**

<https://www.mommynearest.com/article/15-coolest-playgrounds-in-the-united-states>

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## Park Rx America



- A new trend of medical professionals prescribing visits to parks for improving health
- “Park Rx America is a non-profit organization whose mission is to decrease the burden of chronic disease, increase health and happiness, and foster environmental stewardship, by virtue of prescribing Nature during the routine delivery of healthcare by a diverse group of health care professionals.”
- <https://parkrxamerica.org/about.php>
- **Evidence-Based Health/Well-Being benefits of contact with nature**
- Reduced depression/anxiety
- Better sleep
- Improved cognitive & motor child development
- Reduced ADHD symptoms
- Reduced obesity
- (Frumkin et al, 2017)

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## Explore National Parks with Kids

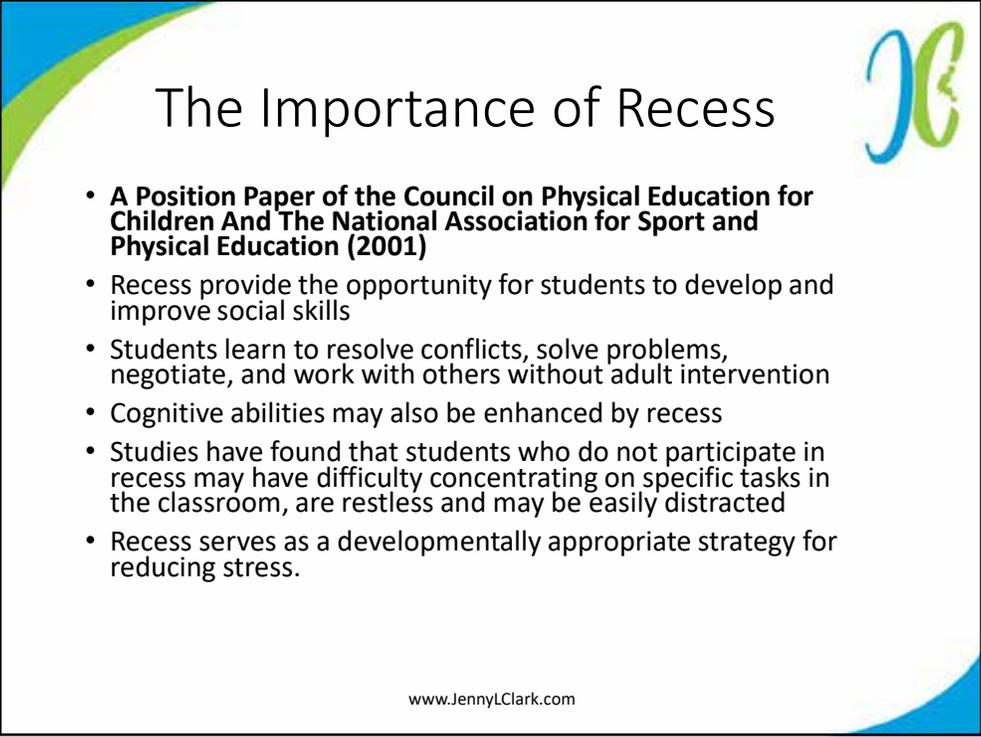


- Jr. Park Ranger program
- <https://www.nps.gov/kids/become-a-junior-ranger.htm>
- Junior Ranger motto "**Explore, Learn, and Protect!**"
- The NPS Junior Ranger program is an activity based program
- Interested youth complete a series of activities during a park visit, share their answers with a park ranger, and receive an official Junior Ranger badge and Junior Ranger certificate.



www.nps.gov

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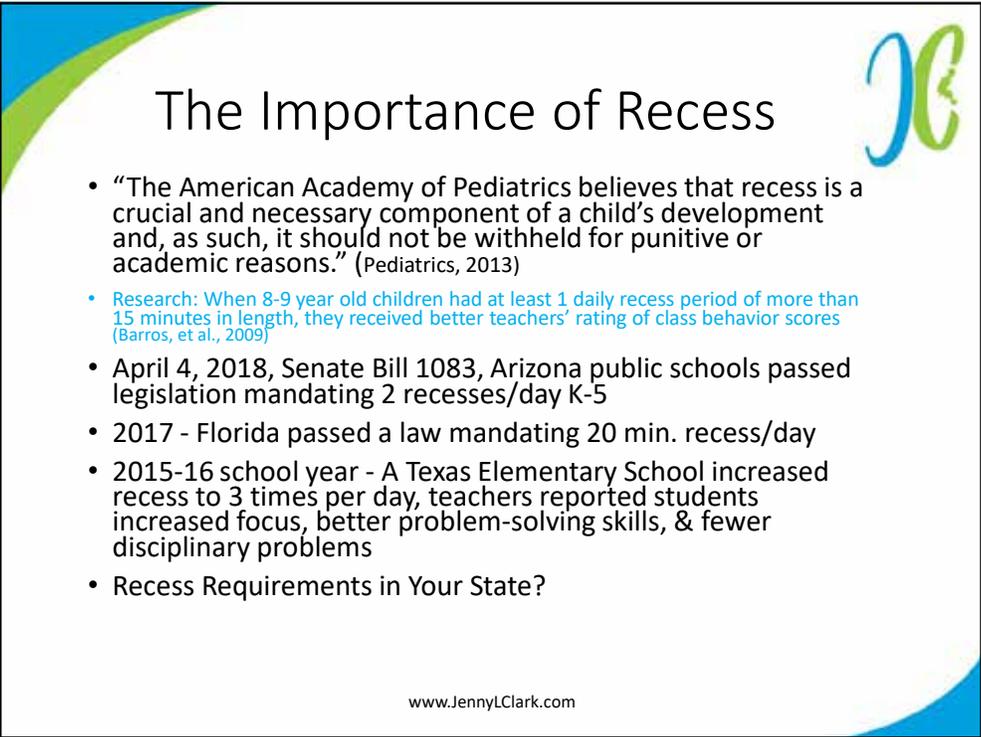


## The Importance of Recess

- **A Position Paper of the Council on Physical Education for Children And The National Association for Sport and Physical Education (2001)**
- Recess provide the opportunity for students to develop and improve social skills
- Students learn to resolve conflicts, solve problems, negotiate, and work with others without adult intervention
- Cognitive abilities may also be enhanced by recess
- Studies have found that students who do not participate in recess may have difficulty concentrating on specific tasks in the classroom, are restless and may be easily distracted
- Recess serves as a developmentally appropriate strategy for reducing stress.

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## The Importance of Recess

- “The American Academy of Pediatrics believes that recess is a crucial and necessary component of a child’s development and, as such, it should not be withheld for punitive or academic reasons.” (Pediatrics, 2013)
- **Research: When 8-9 year old children had at least 1 daily recess period of more than 15 minutes in length, they received better teachers’ rating of class behavior scores (Barros, et al., 2009)**
- April 4, 2018, Senate Bill 1083, Arizona public schools passed legislation mandating 2 recesses/day K-5
- 2017 - Florida passed a law mandating 20 min. recess/day
- 2015-16 school year - A Texas Elementary School increased recess to 3 times per day, teachers reported students increased focus, better problem-solving skills, & fewer disciplinary problems
- Recess Requirements in Your State?

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## Benefits of Hiking with Kids



- Health benefits: Some of the research shows that just 5 minutes of walking in nature improves mood, self-esteem, and relaxation.
- 4 days of immersion in nature, and the corresponding disconnection from multi-media and technology, increases performance on a creativity, problem-solving task by a full 50% in a group of naive hikers (Atchley, et al 2012)
- Walking improves creative thinking (Oppezzo & Schwartz, 2014)
- Builds stronger bones, improves cardiovascular health



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## Hiking Activities with Kids



- Olfactory/Scents: smell fresh air, soil, pine needles
- Play “I-spy” visual perception skills
- Guess the sound: Auditory discrimination/processing
- Nature Scavenger hunt: Develops VP, FM, reading...

### Nature Scavenger Hunt

<input type="checkbox"/> flower	<input type="checkbox"/> rocks
<input type="checkbox"/> water	<input type="checkbox"/> green leaf
<input type="checkbox"/> tree	<input type="checkbox"/> grass
<input type="checkbox"/> spiderweb	<input type="checkbox"/> bird
<input type="checkbox"/> sand or dirt	<input type="checkbox"/> cloud
<input type="checkbox"/> bug	<input type="checkbox"/> ant
<input type="checkbox"/> brown leaf	<input type="checkbox"/> tree bark
<input type="checkbox"/> butterfly	<input type="checkbox"/> fern

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## Benefits of Biking with Kids



- A study conducted by the University of Michigan reported fewer than 20% of children with autism and 10% with Down's syndrome learn to ride a bike.
- Children with Down syndrome who learned to ride a two-wheel bike were less sedentary overall and had less body fat one year after learning to ride ([Ulrich, et al 2011](#))
- Builds emotional regulation: accomplishment, independence, freedom



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## Benefits of Biking with Kids



- Sensory: vestibular, proprioception, tactile, auditory, visual
- Bilateral coordination, Balance, Integration of ATNR, Muscle strength, Endurance
- Trick to help kids learn to ride a bike: Remove pedals, lower seat
- iCan bike camps <https://icanshine.org/>



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## Benefits of Camping with Kids

- According to a 2016 study from Plymouth University in the UK, parents of kids who camp in nature at least once a year say their kids perform better in school and are healthier and happier.
- Exposure to sunshine & fresh air
- Physical activity (digging, climbing, running)
- Teaches basic survival skills (e.g. pitching a tent, starting a fire)
- Encourages creativity & problem solving (e.g. how to keep wood dry when rain comes)



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## Benefits of Camping with Kids

- Learn to appreciate nature (beauty & dangers)
- Builds confidence (overcoming fears, e.g. night sounds)
- Feel safe to pursue novel adventures
- Technology-Free experiences
- Eat foods they normally may not eat
- Educational learning about the world around them



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## Benefits of Camping for Kids



- UK study found 4 out of 5 parents thought camping had a positive effect on their children's school education
- 98% of parents said camping makes their kids appreciate and connect with nature
- 95% said their kids were happier when camping
- 93% felt that it provided useful skills for later life
- 80% took part in nature walks
- 71% seaside visits
- 71% woodland visits
- The top 5 national curriculum subjects better understood by camping: Geography, Science, History, English, Math

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## Benefits of Fishing with Kids



- Connect with nature
  - Take a break from technology, breathe fresh air, sensory exposure to sun, water, trees, learn about science & nature
- Exercise & keep healthy
  - Run, walk, stretch, jump
  - Boost immune system
- Teaches kids where their food comes from
  - Helps kids understand food preservation & the importance of family mealtime
- Instills Values
  - Emphasizes meditation/mindfulness, relaxation, patience
- Social bonding with family & friends
- Come prepared with equipment & practice water safety



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## Meaningful Childhood Occupation in Nature: Geocaching with Kids



- A geocache is a physical treasure hidden by a member of the geocaching community with coordinates posted online to the location of the geocache  
<https://www.geocaching.com/play>
- There's an app for that...(create an account & download app)
- Be safe. Have fun!
- What to bring: items for trading, pencils to log name & date, water/snacks, sunscreen, bug spray, watch for dangers (i.e. poison ivy, snakes), flashlight, first aid kit
- <http://runwildmychild.com/geocaching-with-kids/>



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## Yoga-Based Movement as Therapeutic Intervention for Youth



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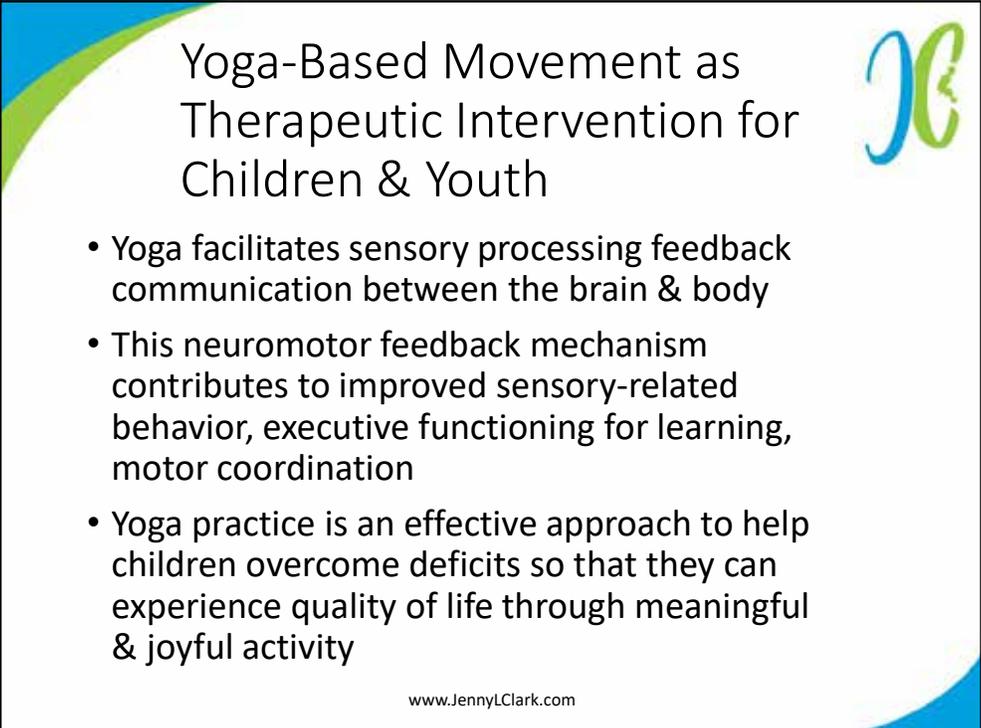
## Yoga-Based Movement as Therapeutic Intervention for Children & Youth



- Yoga attends to health & wellness
- Yoga influences neurophysiological homeostasis
- Yoga integrates diaphragmatic breathing with movement
- Yoga engages the mind effortlessly with attention focused inward
- Yoga cultivates a child's creative imagination by using visual imagery and pretend play: pretending to be a tree, animal, or other nature element

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## Yoga-Based Movement as Therapeutic Intervention for Children & Youth



- Yoga facilitates sensory processing feedback communication between the brain & body
- This neuromotor feedback mechanism contributes to improved sensory-related behavior, executive functioning for learning, motor coordination
- Yoga practice is an effective approach to help children overcome deficits so that they can experience quality of life through meaningful & joyful activity

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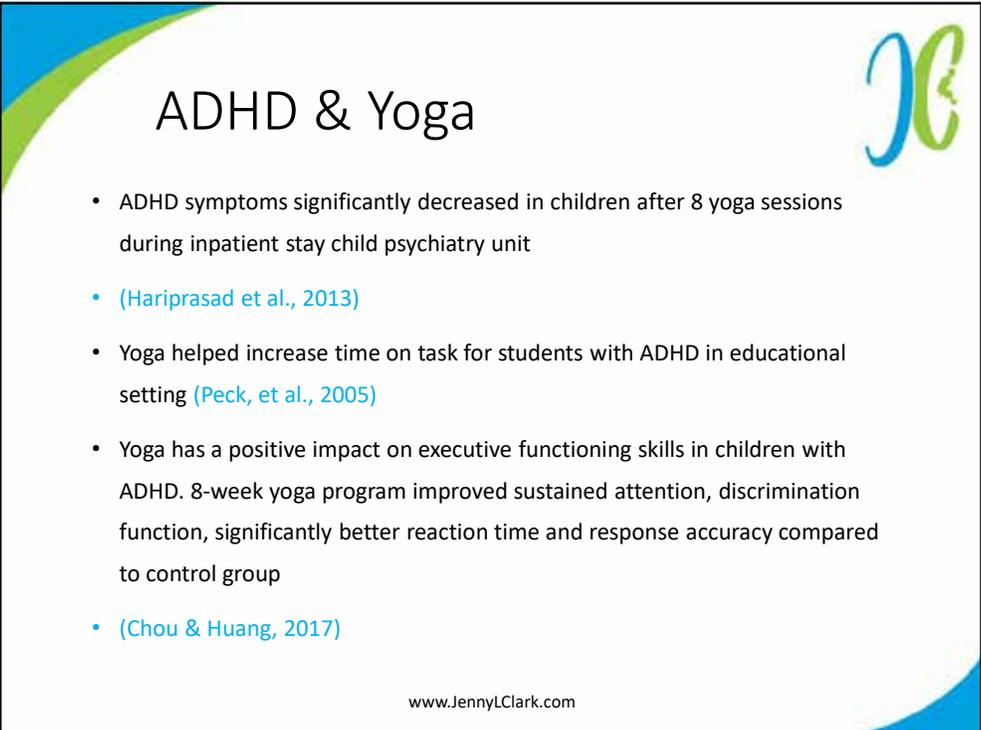
## Benefits of Yoga-Based Movement for Children & Youth

- Improves motor coordination
- Promotes social interactions
- Increases strength & flexibility
- Improves quality of sleep
- Facilitates sensory body awareness
- Reduces stress and anxiety
- Supports emotional regulation: sense of accomplishment, determination, self-esteem

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## ADHD & Yoga

- ADHD symptoms significantly decreased in children after 8 yoga sessions during inpatient stay child psychiatry unit
- ([Hariprasad et al., 2013](#))
- Yoga helped increase time on task for students with ADHD in educational setting ([Peck, et al., 2005](#))
- Yoga has a positive impact on executive functioning skills in children with ADHD. 8-week yoga program improved sustained attention, discrimination function, significantly better reaction time and response accuracy compared to control group
- ([Chou & Huang, 2017](#))

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## SPD & Yoga

- Yoga supports the sensory systems by regulating arousal levels
- Yoga provides vestibular, proprioception, & tactile input through movement, muscle contraction, weight bearing, & deep breathing
- The practices involved in yoga (poses, deep breathing, relaxation) offers therapeutic tools to complement the sensory-based interventions Occupational Therapists use with children with sensory processing difficulties
- (Campbell & Martin, 2017)

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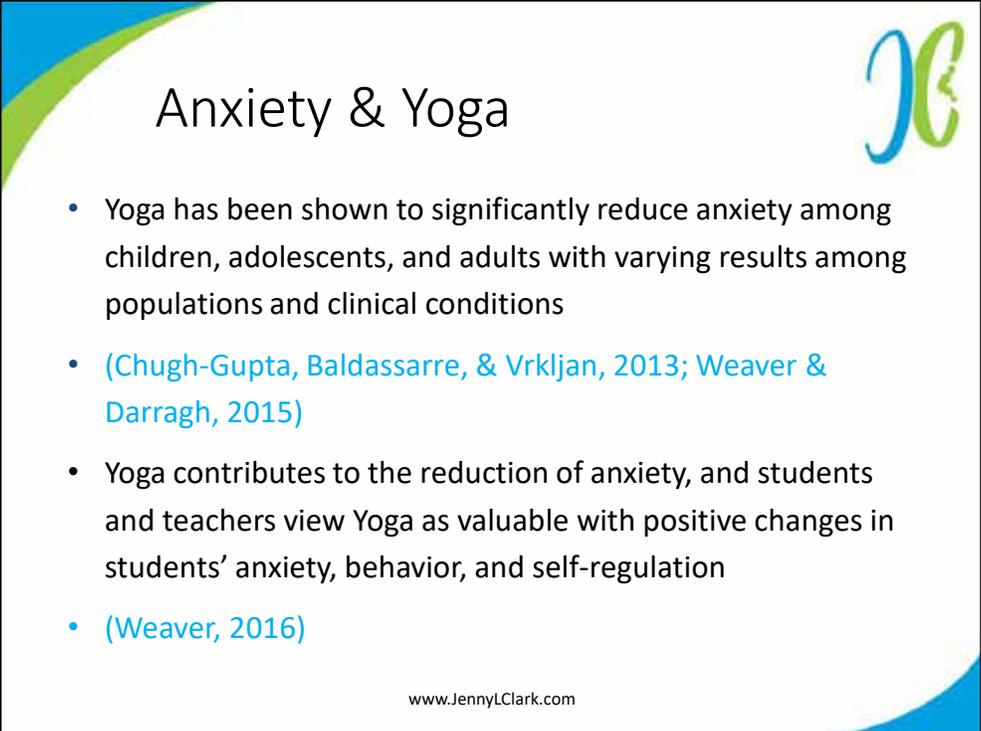


## Autism & Yoga

- Yoga helped children with ASD increased concentration, focus, organization and relaxation after 25 yoga sessions
- (Oldenberg, 2004)
- Yoga yielded significant improvements in motor imitation, behavior at home, and family relationships
- Researchers also hypothesized that guided imitation of therapist body positions stimulated mirror neuron activation, resulting in improved sense of self
- (Radhakrishna et al., 2010)

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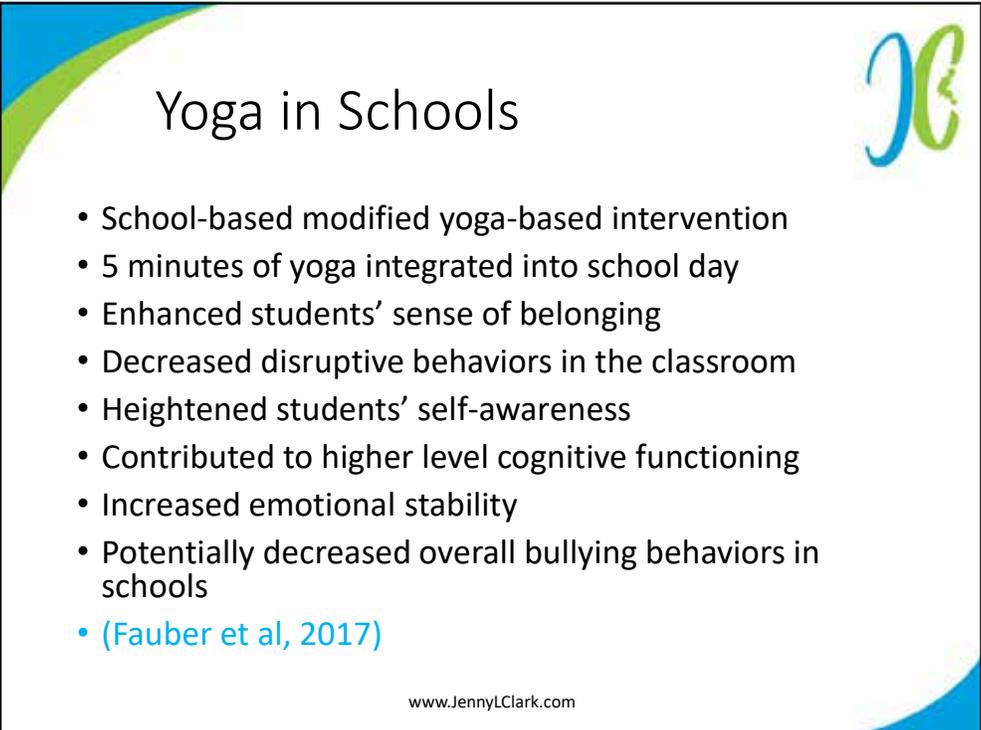


## Anxiety & Yoga

- Yoga has been shown to significantly reduce anxiety among children, adolescents, and adults with varying results among populations and clinical conditions
- (Chugh-Gupta, Baldassarre, & Vrkljan, 2013; Weaver & Darragh, 2015)
- Yoga contributes to the reduction of anxiety, and students and teachers view Yoga as valuable with positive changes in students' anxiety, behavior, and self-regulation
- (Weaver, 2016)

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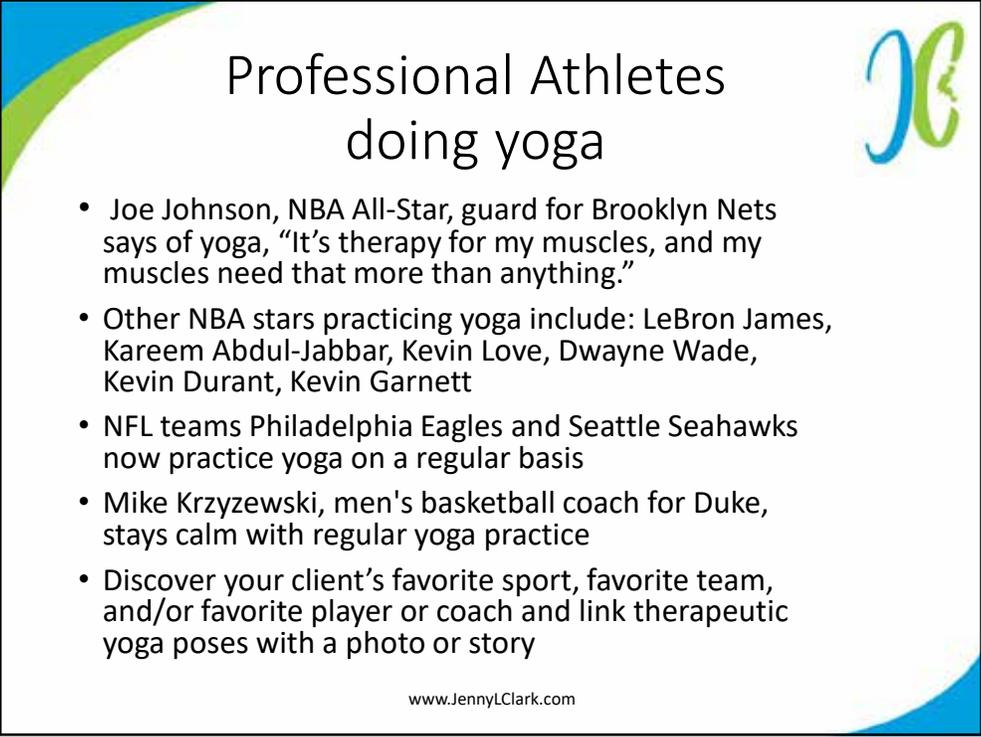


## Yoga in Schools

- School-based modified yoga-based intervention
- 5 minutes of yoga integrated into school day
- Enhanced students' sense of belonging
- Decreased disruptive behaviors in the classroom
- Heightened students' self-awareness
- Contributed to higher level cognitive functioning
- Increased emotional stability
- Potentially decreased overall bullying behaviors in schools
- (Fauber et al, 2017)

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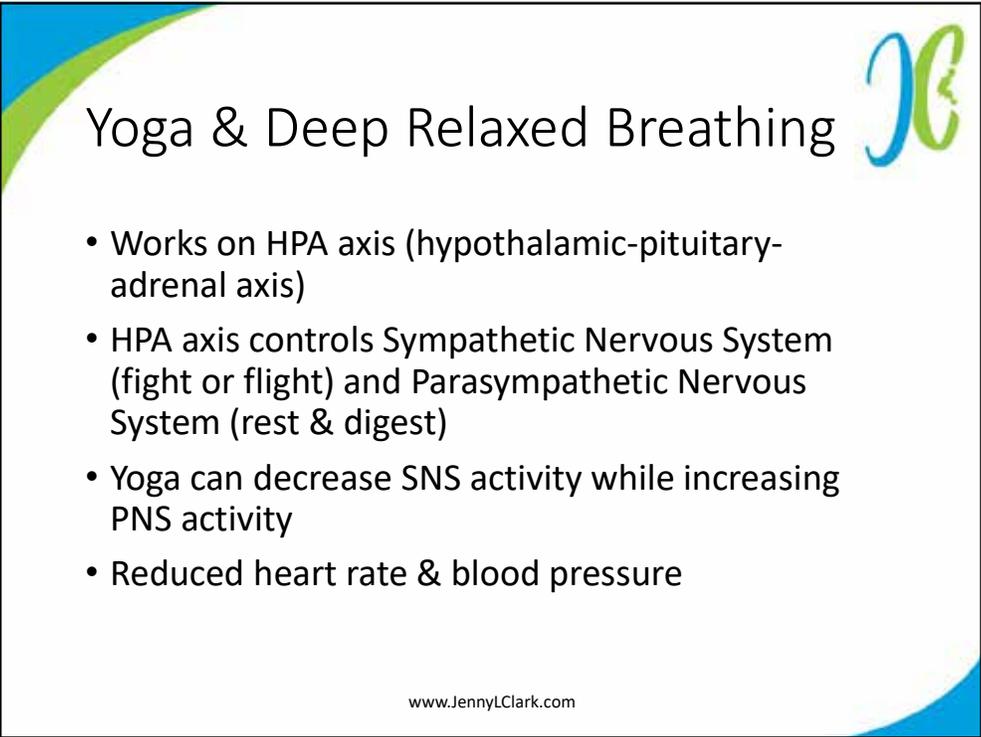
## Professional Athletes doing yoga



- Joe Johnson, NBA All-Star, guard for Brooklyn Nets says of yoga, "It's therapy for my muscles, and my muscles need that more than anything."
- Other NBA stars practicing yoga include: LeBron James, Kareem Abdul-Jabbar, Kevin Love, Dwayne Wade, Kevin Durant, Kevin Garnett
- NFL teams Philadelphia Eagles and Seattle Seahawks now practice yoga on a regular basis
- Mike Krzyzewski, men's basketball coach for Duke, stays calm with regular yoga practice
- Discover your client's favorite sport, favorite team, and/or favorite player or coach and link therapeutic yoga poses with a photo or story

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## Yoga & Deep Relaxed Breathing



- Works on HPA axis (hypothalamic-pituitary-adrenal axis)
- HPA axis controls Sympathetic Nervous System (fight or flight) and Parasympathetic Nervous System (rest & digest)
- Yoga can decrease SNS activity while increasing PNS activity
- Reduced heart rate & blood pressure

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## Mindfulness & Deep Relaxed Breathing



- Breathing at the rate of 5-6 breaths/minute reduces anxiety, insomnia, fatigue, & emotional dis-regulation
- Conscious attention to breathing patterns effects the ANS for regulating physiological response to stress
- Anatomy of Deep Breathing:
  - Diaphragm muscle separates thoracic & abdominal cavities
  - Intercostal muscles b/w ribs help chest cavity expand outward
  - Collarbone, sternum, back & neck muscles expand cavity upward

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## Creative Ways to Teach Kids Deep Relaxed Breathing (Diaphragmatic Breathing)

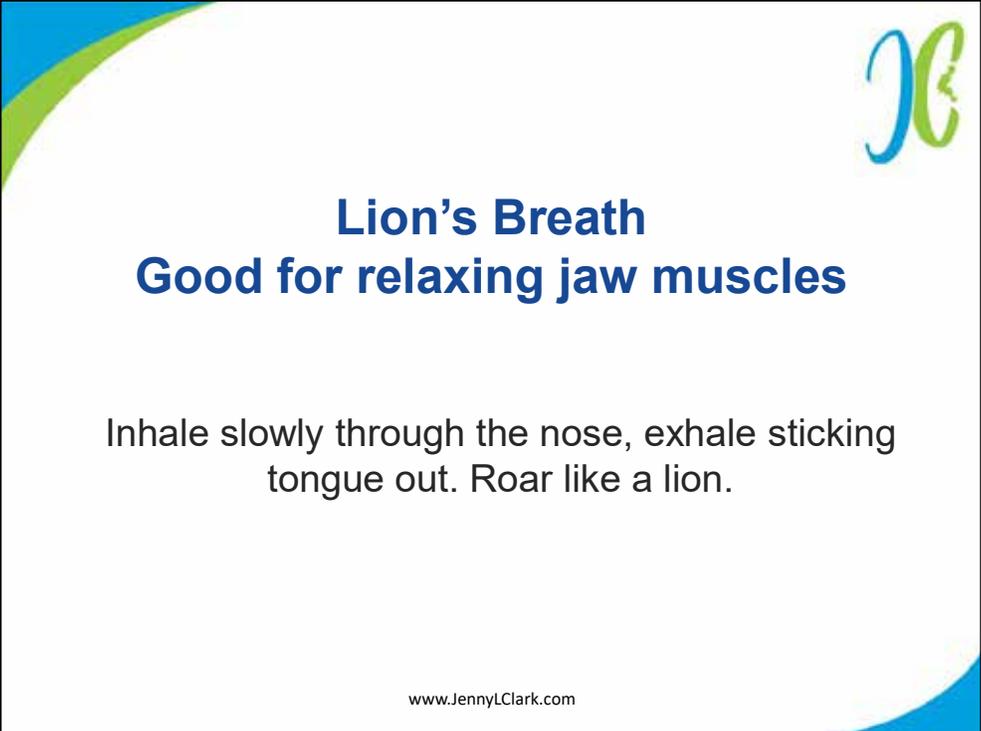


- Lion's breath
- Balloon breath
- Take 5 breath



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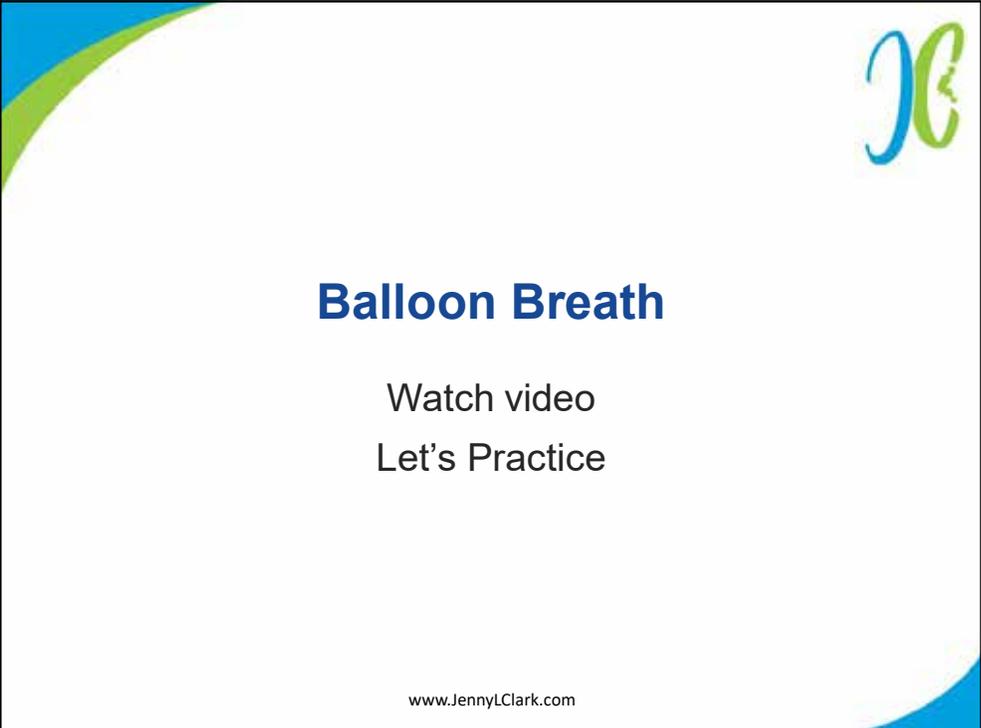
## Lion's Breath

### Good for relaxing jaw muscles

Inhale slowly through the nose, exhale sticking tongue out. Roar like a lion.

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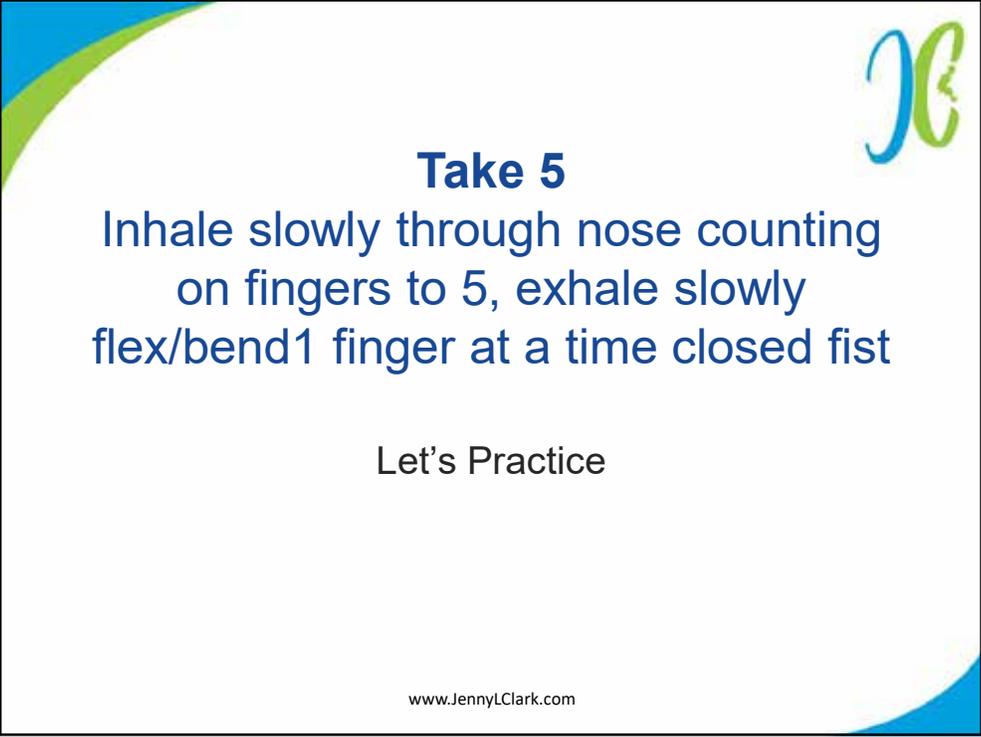


## Balloon Breath

Watch video  
Let's Practice

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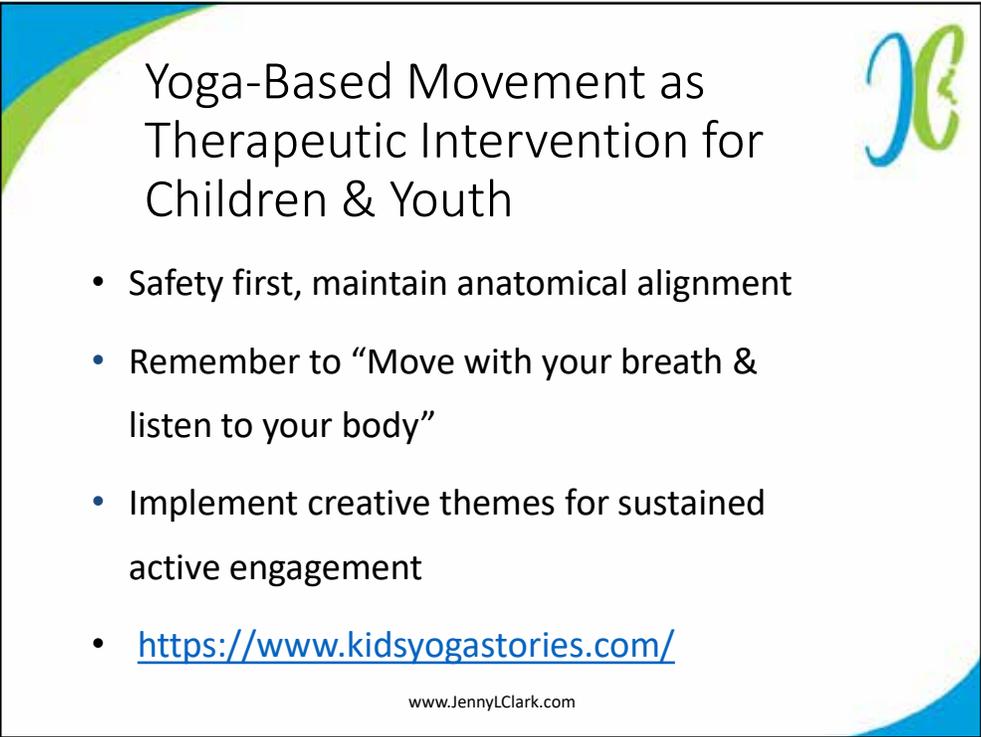
## Take 5

Inhale slowly through nose counting on fingers to 5, exhale slowly flex/bend 1 finger at a time closed fist

Let's Practice

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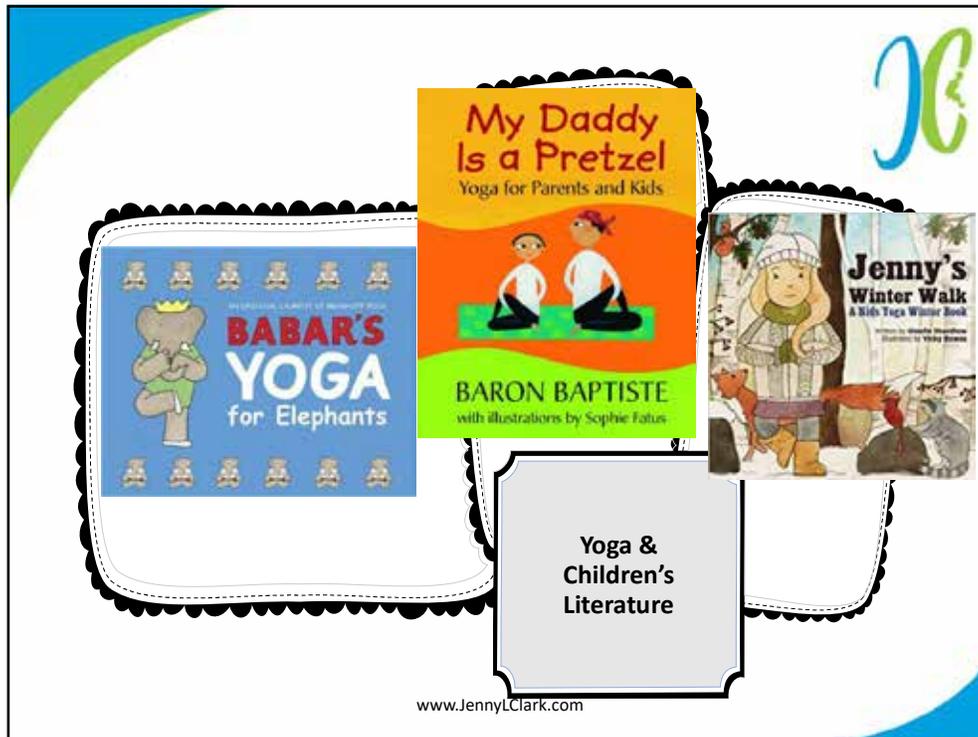


## Yoga-Based Movement as Therapeutic Intervention for Children & Youth

- Safety first, maintain anatomical alignment
- Remember to “Move with your breath & listen to your body”
- Implement creative themes for sustained active engagement
- <https://www.kidsyogastories.com/>

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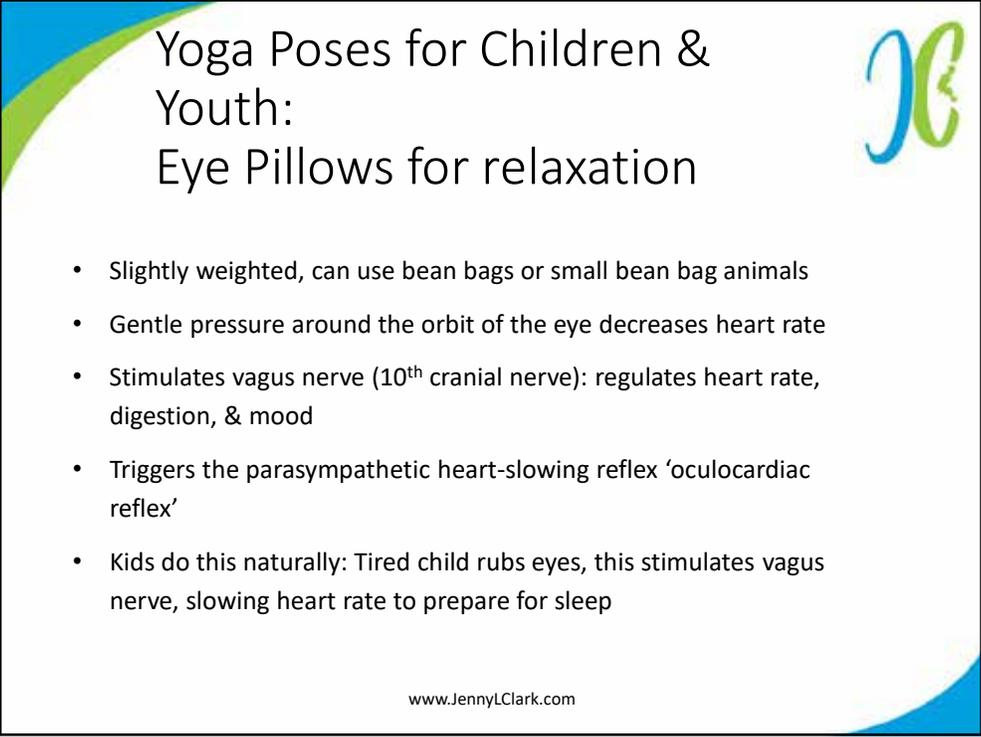
## Yoga for Children & Youth: Visual System

- Drishti: Visual focal point helps with attention & balance
  - Gaze at fingers Warrior pose
  - Gaze at belly button Downward Dog pose
  - Use stickers on fingers or toes for focal point
  - Use fun pictures/objects for focal points on floor
  - Use Hoberman Sphere
- Develop visualization skills
- Use pictures of yoga poses for children with ASD



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## Yoga Poses for Children & Youth: Eye Pillows for relaxation

- Slightly weighted, can use bean bags or small bean bag animals
- Gentle pressure around the orbit of the eye decreases heart rate
- Stimulates vagus nerve (10<sup>th</sup> cranial nerve): regulates heart rate, digestion, & mood
- Triggers the parasympathetic heart-slowng reflex 'oculocardiac reflex'
- Kids do this naturally: Tired child rubs eyes, this stimulates vagus nerve, slowing heart rate to prepare for sleep

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## Live Demo/Experience Eye Relaxation: Rub hands together & place over eyes with gentle pressure on closed eye lids

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## Yoga Poses

- Mountain
- Tree Pose
- Triangle Pose
- Warrior Pose
- Cat/Cow Pose
- Downward Dog Pose
- Bridge Pose

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## Yoga Pose: Mountain Pose

- Therapeutic Benefits
  - Practicing stillness
  - Balance
  - Executive functioning (initiating plan)
  - Sensory Self-regulation
  - Visual focus
- Creative pretend play
  - Rocky Mountain National Park, Mount Everest, cactus, penguin



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## Mountain Pose

Let's Practice

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## Yoga Pose: Tree Pose

- Therapeutic Benefits
  - Vestibular
  - Motor planning
  - Weight shifting
  - Balance
  - Visual focusing
- Creative Pretend Play
  - Forest trees, flamingo, stork



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## Tree Pose

Let's Practice

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## Yoga Pose: Triangle Pose

- Therapeutic Benefits
  - Midline crossing
  - Vestibular
  - Body awareness in space
  - Balance
  - Pelvic stability
  - Lateral flexion opens ribcage ease of breathing
- Creative pretend play
  - Shapes theme, house roof, sailboat



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## Triangle Pose

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## Yoga Pose: Warrior Pose

- Therapeutic Benefits
  - Proprioception
  - Balance
  - Hip flexibility
  - Leg strength
  - Builds self-esteem
- Creative Pretend Play
  - Princess warrior, Star Wars light saber, surfing, skiing, skateboarding



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## Warrior Pose

Let's Practice

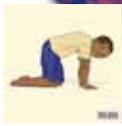
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## Yoga Pose: Cat/Cow

- Therapeutic Benefits
  - Proprioception & vestibular
  - Postural strengthening
  - UE joint stability
  - ATNR & STNR reflex integration
  - Flexion/Extension = calm alertness
- Creative Pretend Play
  - Jungle, zoo, pet themes; cat, lion, tiger
  - Vocalize cat sound



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## Cat/Cow Pose

Watch Video  
Let's Practice

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## Yoga Pose: Downward Dog

- Therapeutic Benefits
  - Proprioception & Vestibular
  - UE joint stability
  - Stretches hips & back
  - Strengthens legs
  - Slows respiration
  - Head inversion – blood to brain – VP skills
- Creative Pretend Play
  - Wolf, coyote, pet dog, bear
  - Vocalize animal sounds



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## Downward Dog Pose

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Let's Practice

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## Yoga Pose: Bridge Pose

- Therapeutic Benefits
  - Proprioception & Vestibular
  - Gravitational security
  - Motor planning
  - Strengthens lower back
- Creative Pretend Play
  - Lift the bridge for boats to float under
  - Skateboard ramp



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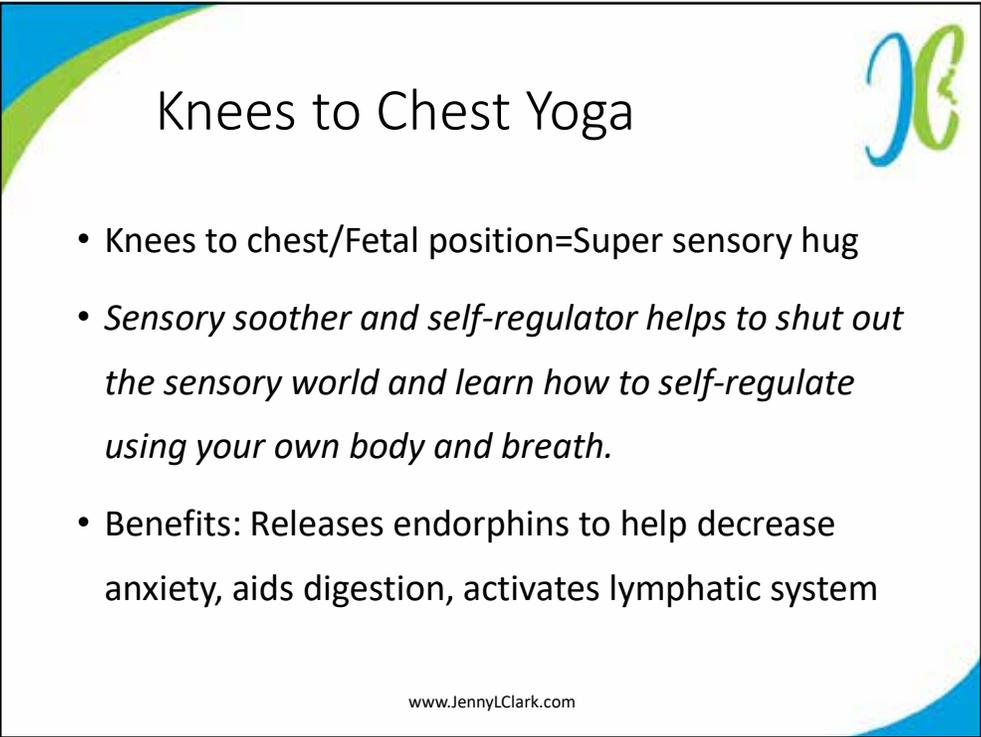


## Bridge Pose

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Let's Practice

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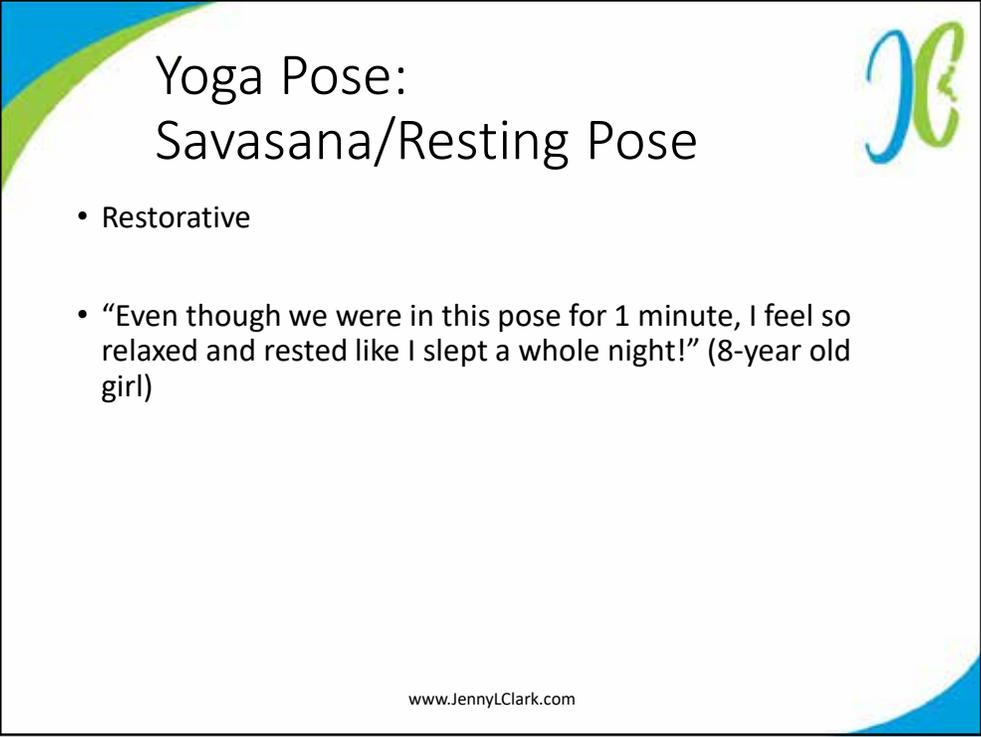


## Knees to Chest Yoga

- Knees to chest/Fetal position=Super sensory hug
- *Sensory soother and self-regulator helps to shut out the sensory world and learn how to self-regulate using your own body and breath.*
- Benefits: Releases endorphins to help decrease anxiety, aids digestion, activates lymphatic system

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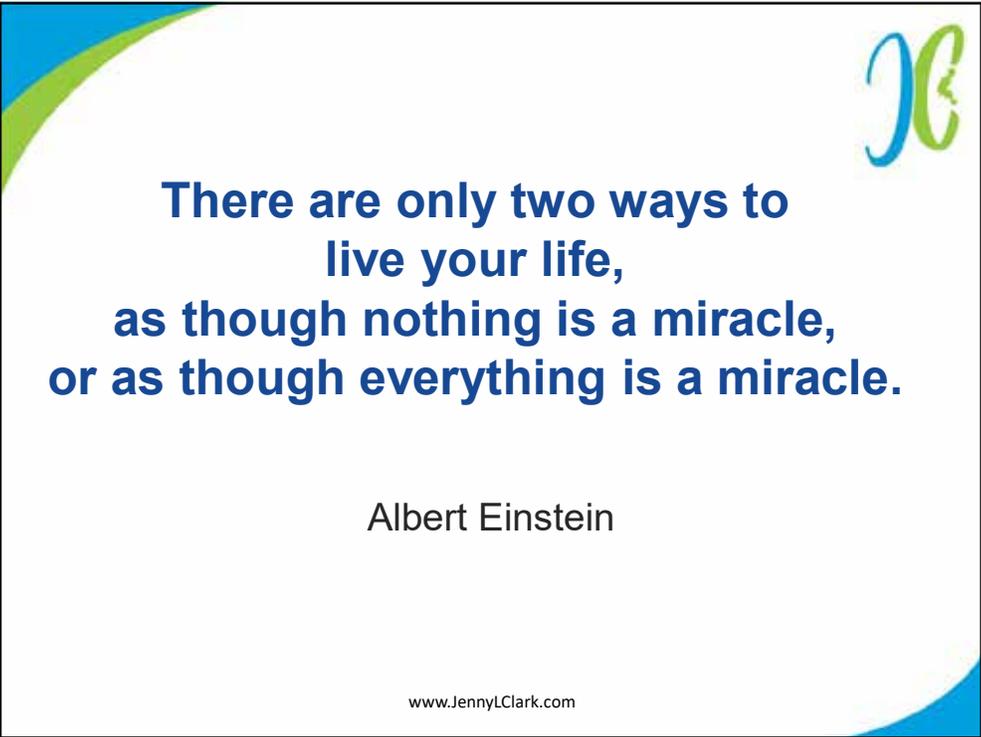


## Yoga Pose: Savasana/Resting Pose

- Restorative
- “Even though we were in this pose for 1 minute, I feel so relaxed and rested like I slept a whole night!” (8-year old girl)

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## There are only two ways to live your life, as though nothing is a miracle, or as though everything is a miracle.

Albert Einstein

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## Conclusion

- Integrating nature experiences, yoga poses, & mindfulness strategies into therapy can facilitate a child's growth & development
- It is my hope that this presentation has inspired you to get outside & enjoy nature
- When we practice wellness in our daily lives, we experience the benefits, this helps us to be better role models for children
- We do by example. We inspire. We make a difference!



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## Questions?

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