

Exercises

Primitive Reflexes - Moro Reflex

Kids Level 1

These exercises help to integrate the Moro reflex. This reflex occurs when a child is surprised or overwhelmed by excessive sensory information. When this reflex occurs, the child's body will go into the fight or flight response, which supplies the child's body with a rush of energy from the adrenal response. If this reflex does not integrate, it can lead to hyperactivity and immunity issues. An integrated Moro reflex can help reduce hyperactivity, lessen noise, light and motion distractibility, thus reducing impulsivity and anxiety. This may support immune function, behaviour and adrenal fatigue.

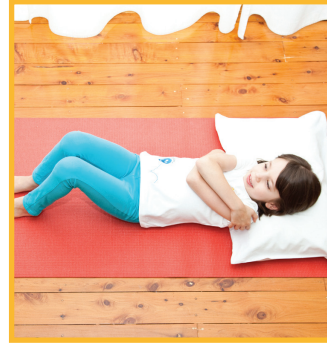


Backwards Ball Roll

With help from a parent, lie backwards over a small exercise ball. Your parent will hold your hips so you don't fall. Push off with your feet so you slowly roll backwards. Put your hands out to stop you!

CONCENTRATE ON: Creating a slow movement back and forth.

GOAL: To feel safe and comfortable to roll backwards without getting scared and throwing your arms out.



Quick Cross Back + Ball

Sit on the floor with your knees bent and together. Wrap your arms around your knees. Place a pillow behind you. Ask an adult to clap. This is the signal to quickly lie backwards onto the pillow and cross your arms across your chest.

CONCENTRATE ON: Reacting quickly to the clap. Ensure you cross your arms across your chest when you lie down.

GOAL: To be able to do this exercise 10 times without hesitation.

LEVEL 2: Do this exercise while sitting on an exercise ball. You will need an adult to hold the ball and your legs to safely perform this exercise.



Sprouts

Crouch down, in a ball. Stand up slowly and open your arms up into the air in a Y-shape. Tilt your head back and hold for 2 big breathes.

CONCENTRATE ON: Standing up as tall as you can with straight arms and legs and head back.

GOAL: To do the exercise 5 times without feeling dizzy or losing balance.



Pop Star Fish

Sitting on an exercise ball or small stool, cross your legs and arms. Hold for 5 seconds. Then stand up and extend your arms out – if you feel comfortable, look up to the ceiling at the same time. Do this transition movement quickly. Hold for 5 seconds. Then return back to starting position. Make sure you look for the ball to sit on as it may have rolled away!

CONCENTRATE ON: Looking up at the end of the movement.

GOAL: To do the exercise 10 times without feeling dizzy or losing balance.



Toy Drop

Look up and place a toy on your head, then tuck your chin down to allow the toy to fall to the ground.

CONCENTRATE ON: Moving your head backwards then forwards slowly.

GOAL: To do the exercise 10 times without feeling dizzy or losing balance.

LEVEL 2: Drop the toy into your hands.

LEVEL 3: Try to aim for the toy to fall into a bucket or container.



Trust

Standing with arms crossed across your chest, keep your body as stiff as a board and fall backward into the arms of an adult.

CONCENTRATE ON: Keeping as straight and stiff as possible when you fall.

GOAL: To be able to do this task without bending, rotating or moving your arms.

LEVEL 2: Do this exercise with your eyes closed.



Well Kids are **active** to help their brain & body grow!

Copyright Well Kids 2013 and Well Kids Program 2013



EX505