



Your Therapy Source News

**Digital magazine for pediatric
occupational and physical therapists.**

www.YourTherapySource.com



**October 2015
Issue 76**

New and Sale Products

Halloween Visual Perceptual Puzzles

12 puzzles to challenge visual motor, visual closure, visual spatial and visual discrimination skills.



YourTherapySourceInc

Halloween Visual Perceptual Puzzles

By: Your Therapy Source Inc

Summary: Download of 12 visual motor, visual spatial, visual closure and visual perceptual challenges with a Halloween theme.

Price: \$2.99

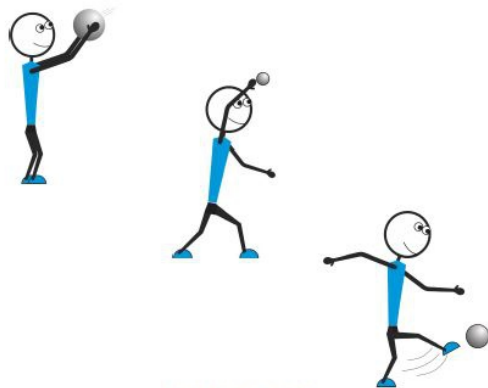
Sale Price: \$1.99 until 10/31/15

FIND OUT MORE AT

<http://yourtherapysource.com/vphalloween.html>

TEACHING CATCHING, THROWING AND KICKING SKILLS

Help children learn how to catch, throw and kick a ball.



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www.YourTherapySource.com

Teaching Catching, Throwing and Kicking Skills

By: Your Therapy Source, Inc

Summary: Help children learn how to catch, throw and kick with this packet full of information of age progression of skills, visual picture cards, tips, letter to parents and more!

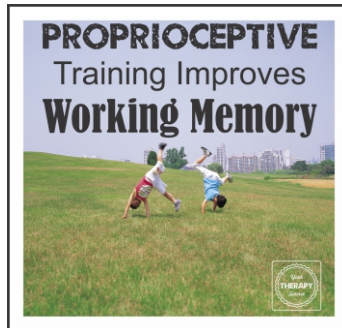
List Price: \$7.99

SALE PRICE UNTIL 10/31/15: \$3.50

FIND OUT MORE AT

<http://yourtherapysource.com/teachcatchthrowkick.html>

Proprioceptive Training Improves Working Memory



A pilot study published in *Perceptual and Motor Skills* examined whether regular classroom instruction, yoga or proprioceptive training improved working memory in individuals 18-59 years old. The experimental group participated in proprioceptive activities along with one other factor ie locomotion or navigation. Some of the tasks were climbing trees, walking on a balance beam, carrying awkwardly weighted objects, running barefoot, etc. The two control groups were regular classroom lectures and static yoga postures. After two hours, working memory was tested again and the following results were recorded:

- the proprioceptive group increased their working memory by 50%
- neither control group exhibited increases in working memory

The researchers hypothesized that the increase in working memory may have been related to the fact that the proprioceptively dynamic training for the experimental group required various brain functions (thinking while moving).

Reference: Ross G. Alloway and Tracy Packiam Alloway THE WORKING MEMORY BENEFITS OF PROPRIOCEPTIVELY DEMANDING TRAINING: A PILOT STUDY. *Perceptual and Motor Skills* 2015 120:3 , 766-775

Bergland, C. Want to Improve Your Cognitive Abilities? Go Climb a Tree! Retrieved from Psychology Today on 9/1/2015 at <https://www.psychologytoday.com/blog/the-athletes-way/201507/want-improve-your-cognitive-abilities-go-climb-tree>

Check out **Proprioceptive Poems** from
<http://www.yourtherapysource.com/proprioceptivepoems.html>

Title: Proprioceptive Poems
By: Your Therapy Source

Summary: Download of electronic book of 2 movement poems with follow along posters to encourage proprioceptive input.

FIND OUT MORE at <http://www.yourtherapysource.com/proprioceptivepoems.html>

Sleep and Cerebral Palsy

CanChild has published another excellent resource which is entitled Keeping Current In Sleep Issues Among Children with Cerebral Palsy. Here are some highlights:

Studies show that rates of sleep disturbances in children with cerebral palsy are actually quite similar to the general population and affect about one third of children.

Certain aspects of CP are more frequently associated with sleep disorders, including active epilepsy, severe movement problems and level of spasticity, and intellectual disabilities.

Sleep issues in cerebral palsy can be divided into seven general areas:

- breathing disturbances
- movement impairments
- sleep wake cycles
- epilepsy
- sleep pattern impairments
- psychological factors
- pain and discomfort

Various studies have examined interventions to help with sleep issues such as:

- postural needs bed
- Adenotonsillectomy
- massage
- baclofen
- melatonin
- Cranial osteopathy and/or acupuncture

The researchers concluded that the quality of studies is generally quite low along with small sample sizes. Melatonin appears to be the most widely prescribed drug for sleep disturbances in children with CP and has the most consistent reports of improved sleep latency and night waking.

You can read the entire publication at CanChild or <http://cpnet.canchild.ca/en/resources/KeepingCurrentonSleep.pdf>.

Reference: Griffith, Yundt, & Rosenbaum. Keeping Current In Sleep Issues Among Children with Cerebral Palsy. CanChild Centre for Childhood Disability Research. Retrieved from the web on 9/26/15 at <http://cpnet.canchild.ca/en/resources/KeepingCurrentonSleep.pdf>



Autism Sleeps™ serves as a thorough resource of sleep sensory strategies and suggestions for preparing the “sleep environment”. Sample bedtime and wake-up routines are provided as templates, especially to guide parents of all children with sleep difficulties. Find out more at <http://yourtherapysource.com/autismsleeps.html>

Brief Movement Breaks Help Children with Glucose Tolerance



The National Institutes of Health completed a research study to determine if interrupting sitting with short, moderate-intensity walking bouts could improve glucose tolerance in 28 healthy, normal weight 7-11 year old children. The children went two times to a medical center after an overnight fast – (1) one time they remained seated for 3 hours with very little movement and (2) another time the children walked on a treadmill for 3 minutes at a moderate-intensity pace every 30 minutes for a total of 18 minutes during the 3-hour time frame. During both visits to the medical the children drank a glucose drink and blood samples were drawn, heart rate and activity levels were measured.

The following results were recorded:

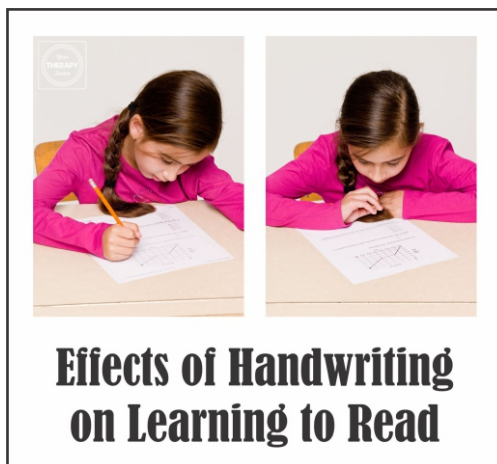
during the three hour period with the movement breaks children averaged 7% lower glucose levels and 32% lower insulin levels, lower blood levels of free fatty acids (high levels of which are linked to type 2 diabetes) and lower levels of C-peptide (an indicator of how hard the pancreas is working to control blood sugar) compared to when they sat for 3 hours continuously.

after the three hour periods children were allowed to choose their lunch and they ate roughly the same amounts of calories and kinds of foods after each of the sessions.

Reference: Effects of Interrupting Children's Sedentary Behaviors With Activity on Metabolic Function: A Randomized Trial. Belcher BR, Berrigan D, Papachrisotopoulou A, Brady SM, Bernstein SB, Brychta RJ, Hattenbach JD, Tigner IL Jr, Courville AB, Drinkard BE, Smith KP, Rosing DR, Wolters PL, Chen KY, Yanovski JA. J Clin Endocrinol Metab. 2015 Aug 27;jc20152803. [Epub ahead of print]. PMID: 26312582.

Need ideas for easy and fun movement breaks in the classroom? Check out all these **Brain Breaks** at <http://yourtherapysource.com/brainbreaks.html>

Effects of Handwriting on Learning to Read



Did you know some research indicates that brain activation when identifying letters is influenced by previous handwriting of letters? Researchers at Indiana University have published several research articles on visual perceptual skills in children. One article that was published in *Trends in Neuroscience and Education* examined 15 preliterate, right handed children (ages 4.2-5 years old). During functional MRI scanning, each child was shown a letter or shape on an index card and asked to draw, trace or type the item without it being named by the experimenter.

The following results were recorded:

after self-generated printing experience, letter perception in the young child recruits components of the reading systems in the brain more than other forms of sensori-motor practice (tracing or typing).

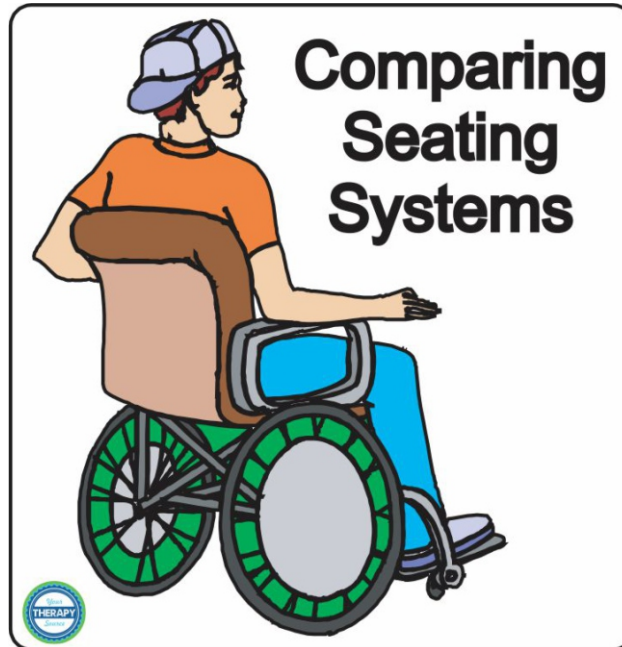
The researchers concluded that “handwriting is important for the early recruitment in letter processing of brain regions known to underlie successful reading. Handwriting therefore may facilitate reading acquisition in young children”

Read the full text article here http://www.indiana.edu/~canlab/assets/2012-kjames—englehardt_effects-of-handwritng.pdf

Reference: James KH, Engelhardt L. The effects of handwriting experience on functional brain development in preliterate children. *Trends in Neuroscience and Education* (2012), <http://dx.doi.org/10.1016/j.tine.2012.08.001>.

Check out **handwriting activities** for children at <http://yourtherapysource.com/handwriting.html>

Comparing Seating Systems



Pediatric Physical Therapy published a single case study comparing physiological functioning, communication switch activation, and response accuracy in a 19-year-old young man with quadriplegic cerebral palsy and neurological scoliosis using 2 seating systems within the school setting. A alternating treatment design was used recording data from the following conditions: baseline (standard planar inserts), using a custom molded back with original seat and again at baseline.

Data collection included oxygen saturation (SaO₂), heart rate (HR), respiration rate (RR), body temperature (BT), processing time to activate switches, and response accuracy.

The following results were recorded:

1. SaO₂ levels increased from “distressed” to “normal” – variability decreased.
2. HR, RR, and BT fluctuations decreased with the custom-molded back.
3. Processing time decreased with increased variability, affected by subject’s motivation.
4. accuracy improved slightly.
5. social approachability and student-initiated communication increased.

The researchers concluded that SaO₂ increased and HR, RR, and BT fluctuations decreased with a custom-molded back and recommend graphing data to help clarify the effects of different seating systems with complex clients.

Reference:

Lephart, Kim PT, DPT, MBA, PCS; Kaplan, Sandra L. PT, DPT, PhD. Two Seating Systems’ Effects on an Adolescent With Cerebral Palsy and Severe Scoliosis. *Pediatric Physical Therapy*. Fall 2015 Vol. 27 – Issue 3: p 258–266

Free Indoor Recess Game Packet



Here are a few freebies that work great for indoor recess when you need something in a hurry. They would make a fun back to school gift for teachers – print them off, toss them in a file folder and teachers have some “go to” activities for when the weather takes a turn for the worse. You can download the entire packet here – <http://www.yourtherapysource.com/indoorrecess.html>

Imagination Action Journey Triathlon – encourage literacy and physical activity with the imaginative movement journey. Download here <http://www.yourtherapysource.com/imaginefree.html>

Q and A Body Game – Promote body awareness, motor skills and listening skills with this simple game that requires no equipment. Print the directions here http://www.yourtherapysource.com/files/Quick_Brain_Break_Q_and_A_Body_Game___YourTherapySource.pdf

Peanut Butter and Jelly – Grab a soft ball and encourage eye hand coordination, motor timing and motor planning. Practice self regulation skills as well with this fun but challenging game.

Roll Some Brain Breaks – Roll some dice and get moving. Great activity for small spaces and to keep everyone active. Download the activity here <http://www.yourtherapysource.com/rollsomefunfree.html>

Be A Robot – Cut out some circles, grab a partner and start some motor planning and physical activity. Download here <http://www.yourtherapysource.com/freerobot.html>

Color Ball Game – Encourage following motor commands, motor memory and coordination skills.

Social Red Rover – Promote motor skill development, cooperation and social skills with this active group game.

Listen for the Code – Encourage listening skills, following motor commands, self regulation skills and left right directions.

Want to **download ALL of these indoor recess games at once**??? Head on over to Your Therapy Source to get your copy to distribute to teachers or go to <http://www.yourtherapysource.com/indoorrecess.html>.

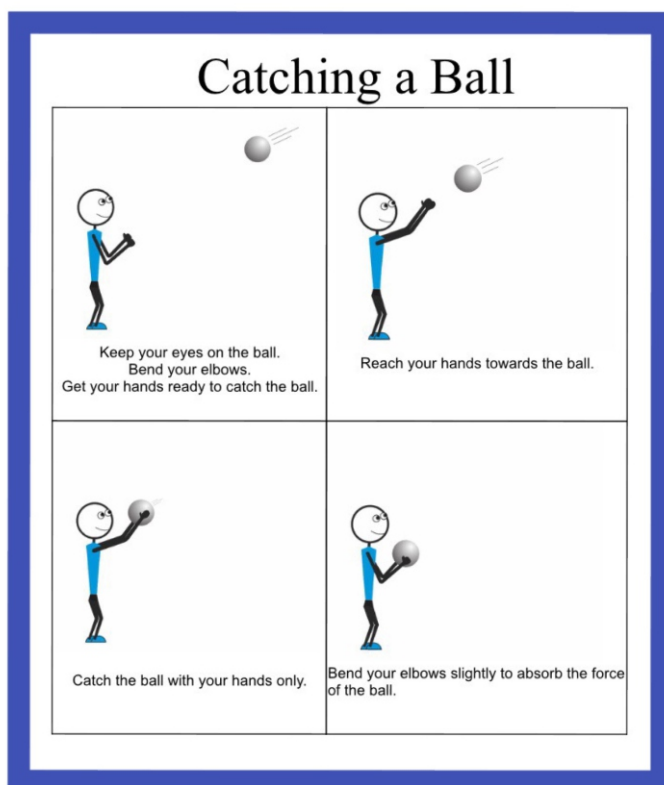
Snipping Skills



Here is a simple little freebie to practice scissor snipping skills and a short line. You can choose to use a page with the lines or without guide lines. An adult can cut apart the three strips in the dotted lines. The child can color in the flowers, smile faces and balloons. The child can snip a line from the bottom of the paper to the object. You could also use it to practice making horizontal pre-writing strokes.

You can download the snipping skills activity here
<http://yourtherapysource.com/freescissorsnip.html>

Step By Step Picture Cards for Catching a Ball



*Step by
Step
Picture
Cards for
Catching*



Help children learn how to catch a ball with these step by step visual instructions. This is a freebie from the latest packet – Teaching Catching, Throwing and Kicking Skills.

You can download the picture cards here
<http://yourtherapysource.com/teachcatchthrowkickfreebie.html>

Screw and Unscrew the Lids Box



Have you ever noticed how much young children like to put lids on and off of containers? Here is a simple do it yourself project to get little fingers moving and working!

You can view the video for how to make it and watch it in action at
<http://yourtherapysource.com/videolids.html>

8 Free Printables for Fall



Here are 8 free printables for fine motor, gross motor and visual perceptual activities with a Fall theme.

Leaf Animals – Print and create some leaf animals to practice fine motor skills. Download here <http://www.yourtherapysource.com/fmfallfree.html>

Pumpkin Patch Fine Motor Game – download here <http://www.yourtherapysource.com/freepumpkinpatch.html>

Handwriting Hunt for Autumn – getting moving and writing with this activity. Download here <http://yourtherapysource.com/hwhuntsfallfree.html>

Fall Handwriting Practice – Download the Free Fall Handwriting Practice pages – double line and dotted line styles – <http://www.yourtherapysource.com/freefallhw.html>

Falling Leaves– practice fine motor, gross motor, balance and coordination skills with this activity. Download here <http://www.yourtherapysource.com/fallingleaves.html>

Fall Handwriting Words, Lined Paper and Football Visual Motor Task – download here http://www.yourtherapysource.com/files/Fall_free_sample.pdf

Pumpkin Multisensory Handwriting Page – download here <http://www.yourtherapysource.com/msfallfree.html>

Raking Maze to practice visual motor, visual spatial and motor planning skills. Download here <http://www.yourtherapysource.com/vpfallfreebie.html>

Sight Word Mix Up Game

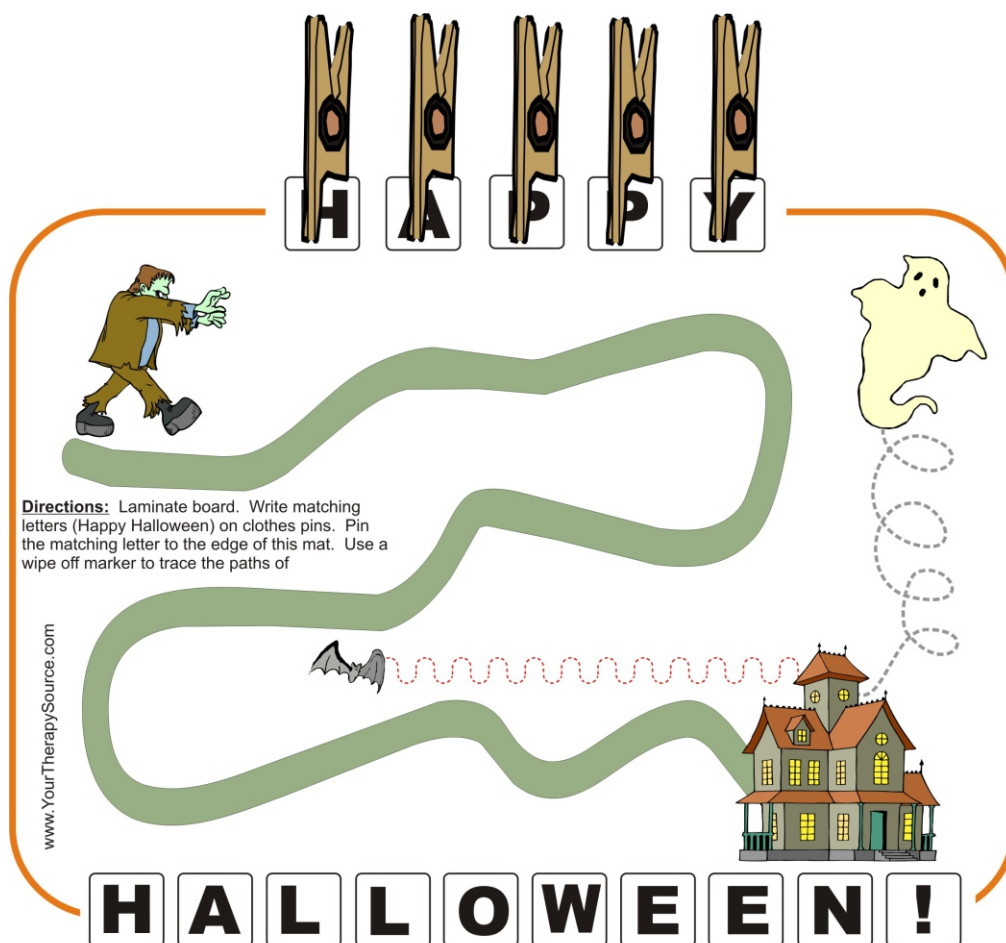


Combine reading sight words with various movements in the classroom. Students will have fun while being physically active.

Download your copy of the game here <http://yourtherapysource.com/educationalsmsightword>

You could change up the movements to suit your needs in the classroom. For example, if you want the students to stay seated change some of the actions to movements that should be completed while the student is sitting such as: march in place, arm circles, raise the roof, high kicks, etc.

Halloween Activity Mat










Download this Halloween mat and laminate. Write each letter of Happy Halloween on individual clothes pins. Match up the clothes pin at the edge of the mat to the matching letter. Trace the paths of Frankenstein, the ghost and the bat to the haunted house.

Download the printable here
<http://www.yourtherapysource.com/freehalloweenmat.html>

Find and Draw

Directions: Draw around or on each Halloween picture as directed. Count and record each one.

					
					
Draw a line down each spider.	Draw a line across each witch.	Draw a cross on each ghost.	Draw an X on each bat.	Draw a circle around each pumpkin.	Draw a square around each owl.



Go to www.YourTherapySource.com/vphalloween for the complete download.

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- sensory processing resources
- visual perceptual activities
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