Let's Get Moving: Ideas to Get off the Couch During Covid 19

Ellen Yack,M.Ed., B.Sc.O.T., OT Reg(Ont.)
Director, Ellen Yack and Associates Paediatric Therapy Services

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Autism ONTARIO
see the potential voir le potentiel

Objectives

- Discuss importance of movement activities during Covid restrictions.
- Suggest movement accommodations when seated for online education.
- Provide movement activities for a range of ages.
- Review indoor and outdoor activities suitable for Covid times.
- Offer equipment recommendations for everyone’s budget.

Let’s Get Moving

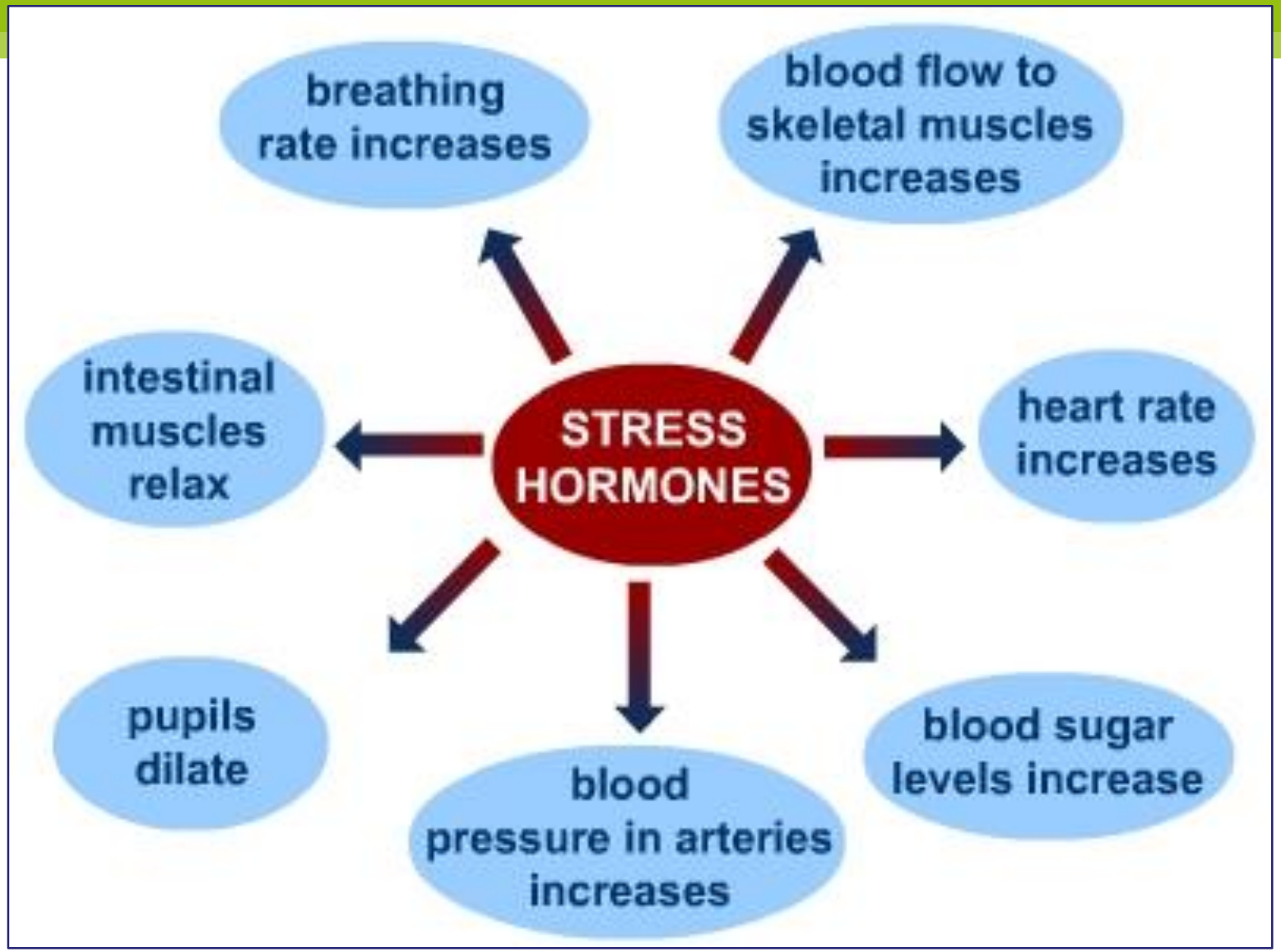
Why?

1. Fun with Family
2. Stress Management
3. Self-regulation
4. Prevent motor delay or regression

Stress Response

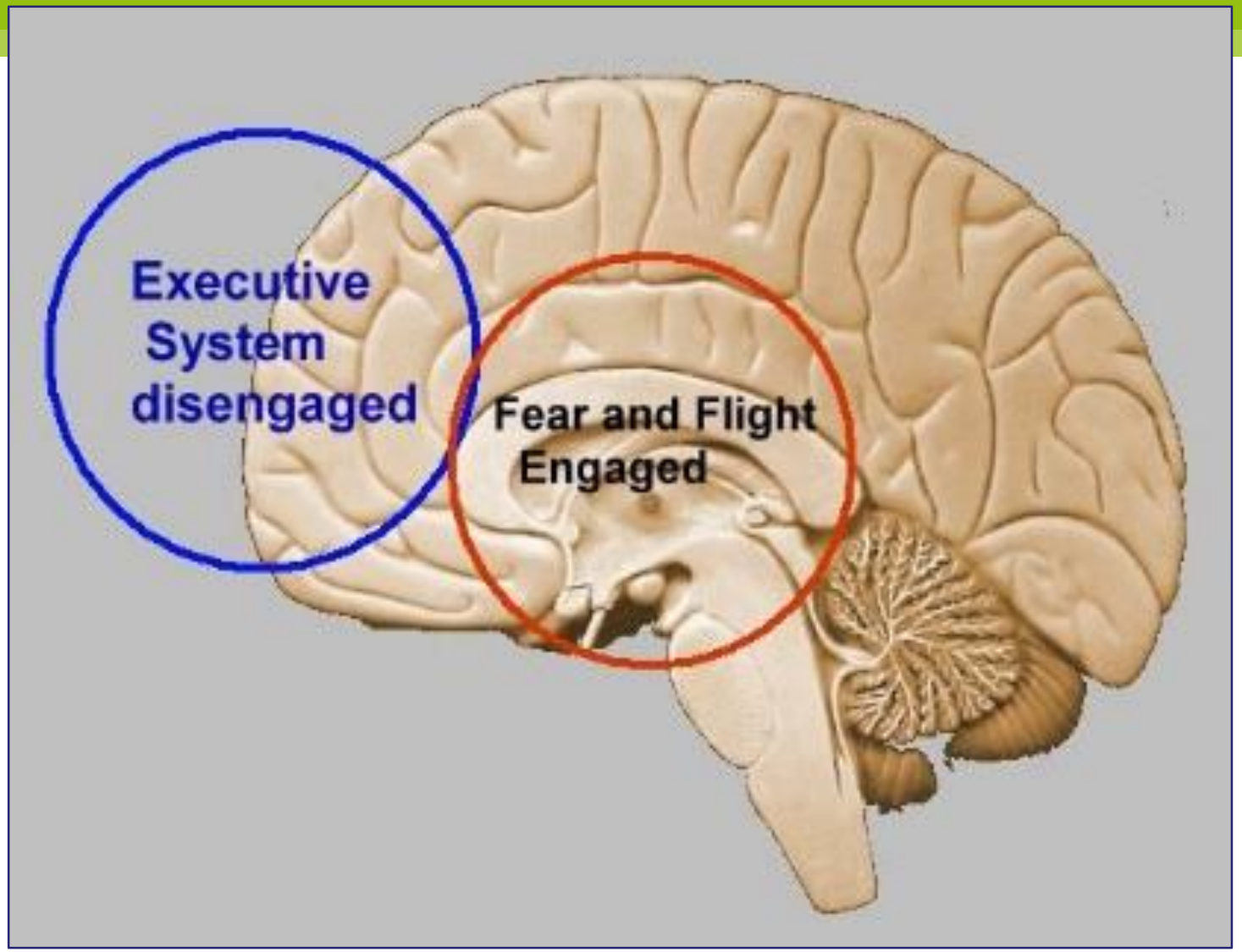
- Natural flight or fight response
- Needed extra burst of energy to defend against predators




breathing rate increases
blood flow to skeletal muscles increases
intestinal muscles relax
STRESS HORMONES
heart rate increases
pupils dilate
blood pressure in arteries increases
blood sugar levels increase

Stress Management

- Stress responses escalate in new and unpredictable situations= Covid 19
- Stress management requires self-regulation (arousal and emotional regulation)
- Arousal and emotional regulation can be supported by use of sensory motor tools and cognitive behavioural strategies (How Does Your Engine Run?, Zones of Regulation, 5 Point Incredible Scale)

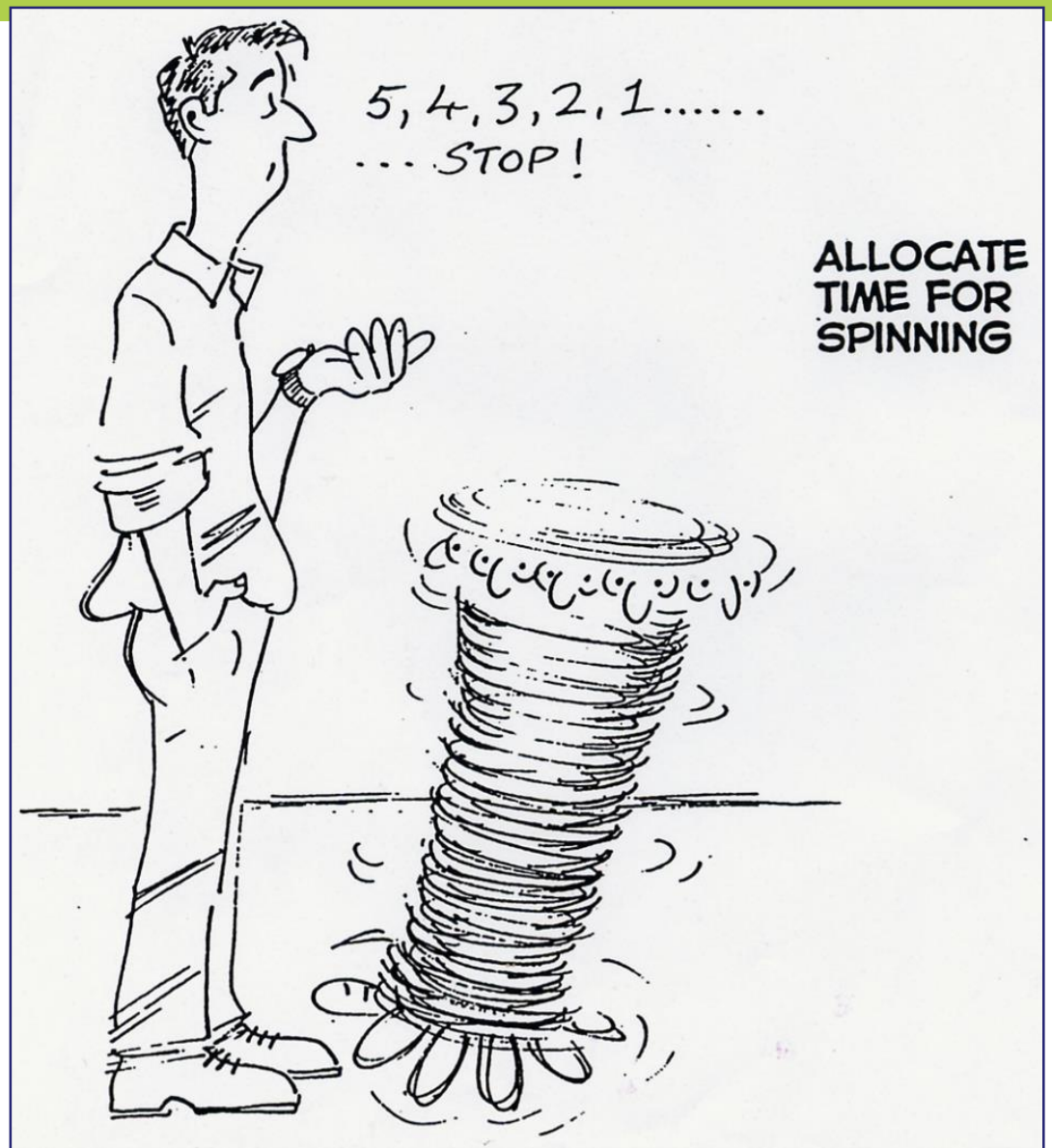

Executive
System
disengaged
Fear and Flight
Engaged

Sensory Diet

Wilbarger 1984

A prescribed combination of activities and environmental accommodations designed to meet an individuals sensory, behavioural and emotional needs.

Sensory Diet



2020

- Increase recognition of importance of movement for general mental health, stress management, attending behaviours and learning
- Sensory motor “lifestyle”

Exercise and Mental Health

'Exercise is like taking a little of Prozac and Adderall'

SPARK: The Revolutionary New Science of Exercise

John Ratey, 2008

Spark: The Revolutionary New Science of Exercise, Ratey 2008

Effects of Exercise on Stress and Aggression:

- Immediate and long term rise in serotonin and GABA levels
- Reduces stress and anxiety responsiveness
- Decreases hyperaroused state
- Decreases muscle tension
- Improves mood, motivation, self-efficacy

Family Fun Activities

Indoor Activities:

- Household Chores
- Scooter Board Activities
- Obstacle Courses
- Sock/Grocery Relay
- Stair Activities
- Family Fitness Routine/ Family Zumba/Family Hip Hop

Household Chores

- Raking leaves
- Shovelling snow
- Vacumming
- Washing windows/chalkboards
- Kneading/rolling dough
- Hanging heavy clothing
- Watering plants with a heavy can
- Mopping floors
- Moving furniture
- Carrying Laundry
- Carrying and stacking books or cans
- Flipping mattresses
- Carrying paper/boxes/cans for recycling
- Chopping wood

Outdoor activities

- Hiking in nature
- Bike riding
- Scooter
- Rollerblading
- Basketball
- Driveway/Street Hockey
- Treasure Hunts (rocks, sticks, dandelions)
- Relay races
- Rolling up and down hills
- Catch on hill
- Curb walking
- Hopscotch
- Jumping over sidewalk cracks
- Step counting and guessing



Links

- https://www.gonoodle.com/ - offers activity and educational programs

- https://www.youtube.com/user/CosmicKidsYoga - provides yoga, mindfulness, relaxation and movement activities for children 3+

Links

- Child Development Tips, Tools and Strategies:

https://www.growinghandsonkids.com/

- Great indoor activities for toddlers:

https://busytoddler.com/2020/03/indoor-activities/

Hands On as We Grow

https://handsonaswegrow.com/

- For animal lovers:

https://www.switchzoo.com/

Thank You

Ellen Yack

ellenyack@gmail.com