



Movement Strategies and Resources

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1. **Self regulation**- activities that provide proprioceptive input (information to where your body is in space such as heavy work activities), Vestibular input (movement -progressing from least intense to most intense-linear, in an arc, rotary or inversion), followed by proprioceptive input again, then a functional activity.
2. **Ready Bodies Learning Minds**- set up activities from this website to address all areas of motor development. Video link to Popcorn, Superman, Rocking Horse and Giraffe.
<https://www.youtube.com/watch?v=CRCZyAEIaAU>
3. **Masgutovamethod.com** – This is a program that works on primitive reflex integration to improve automatic postural reactions, more coordinated movement, improved motor control, improved attention, decreased anxiety and improved self regulation. The resource link below is a 25-30 min. series of movements done in a flowing series called archetype movements. These movements are the underlying components of reflexive movement and helps work on multiple reflexes at one time in a functional movement pattern.
<https://www.youtube.com/watch?v=1JqIGLRODWM>
4. General movement videos from different online sites
Swim Angelfish Daily movement videos-
<https://www.youtube.com/playlist?list=PL5BbJxaHsQJFtPsSIpg8XCA-pB0dG4nTS>
General Movement /PE videos-
https://www.youtube.com/watch?v=_ciCwfpp4kc
<https://www.youtube.com/watch?v=Rz0go1pTda8>

For online individualized or semiprivate movement classes with one of our specially trained Swim Whisperer Swim Instructors, or online PT/OT consults, please reach out to ailene@swimangelfish.com , or nicole@swimangelfish.com for more information.

