

Movement activities basket - Therapeutic objectives

1. Warm up
2. Movement Icebreaker
3. Movement Seeding
4. Creativity / Imagination
5. Opening Ritual
6. Body Awareness
7. Confidence building
8. Self-Awareness
9. Body Coordination
10. Spatial Awareness
11. Social Skills
12. Movement Puzzles
13. Rhythm development to reduce Passivity
14. Movement Reflexes / Mental Alertness
15. Movement Control

16. Violence/Bully Prevention

17. Physical risk taking

18. Imitation skills

19. Developing verbal clarity

20. Trust building

21. Eye contact

22. Group Awareness

23. Gross motor

24. Fine motor

25. Attention span / Concentration

26. Verbal-physical synchronicity

27. Story Telling thru Movement

28. Reducing Stereotypical Movement

29. Movement for daily living skills

30. Movement to reduce Hyperactivity

31. Heighten Leadership skills
32. Movement Energizer
33. Laban Movement Qualities
34. Memory & Sequencing
35. Increase Physical strength & Stamina
36. Stress Release
37. Creative Visualization / Imagery
38. Grounding
39. Attunement (Pairs)
40. Personal Space-boundaries
41. Emotional Expression
42. Positive Self esteem
43. Structured Dance
44. Touch & Physical contact
45. Closing movement ritual