



Superman

*Tonic Labyrinthine Reflex (TLR)
in prone Integration*

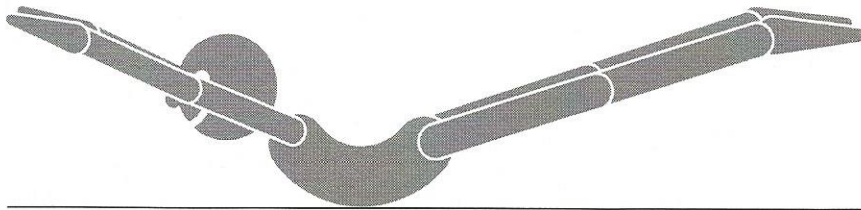
TEACHER TOOLBOX

- Open floor space

How to do it

1. Teacher model, if possible, or use a child to model.
2. Lying flat on their stomachs, have the children raise their chin off of the floor, bring their extended arms overhead close to the ears and lift their straightened legs off the floor.
3. Their bodies should be taut, only touching the floor at the midriff.
4. Ask the children to hold this position for 20 seconds.

Repeat 3 times.



Note:

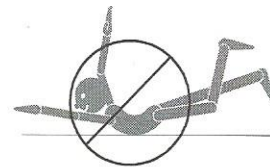


- Start with holding for 5 seconds.
- Then after 1 - 2 weeks, start holding for 10 seconds.
- After another 1 - 2 weeks start holding for 15 seconds.
- Finally, have the children hold for 20 seconds.



They should be able to maintain the position with their arms forward and with their legs fully extended.

There should be no rocking, rolling or waving of arms.



That's one S.M.A.R.T. Teacher!

- Apple Monica in Coon Rapids** uses music as an auditory cue! She plays the Superman theme song for 5 seconds at first and builds up to 20 seconds. Both she and her assistant monitor the positioning.
- Apple Ky in Park Rapids** after she teaches "Superkids" to her class, she gets down onto the floor and does it right along with them! Her assistant teacher monitors the positioning.



- ♥ Use "**Fly**" when telling the child to get into the Superman position.
- ♥ Use "**Land**" when it is time to rest.





Popcorn

*Tonic Labyrinthine Reflex (TLR)
in supine Integration*

TEACHER TOOLBOX

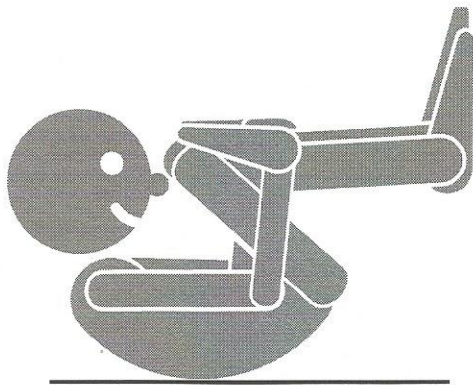
- Open floor space

How to do it

1. Teacher model, if possible, or use a child to model.
2. With the children lying flat on their backs, ask them to bring their knees to their chests, wrapping their arms around their legs.
3. They should then lift their heads, trying to keep their eyes close to their knees.
4. Ask the children to hold this position for 20 seconds. **Repeat 3 times.**

Note:

- Start with holding for 5 seconds.
- Then after 1 - 2 weeks, start holding for 10 seconds.
- After another 1 - 2 weeks start holding for 15 seconds.
- Finally, have the children hold for 20 seconds.



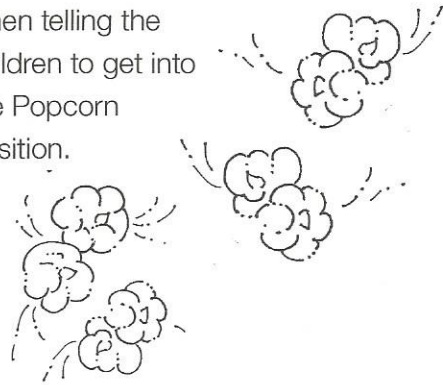
♥ Fun Stuff ♥

- ♥ For a fun release movement, they may POP out with their body straight and taut, feet together and arms moving above their head to a flat position on the floor = "Popcorn."



♥ More Fun ♥

- ♥ Use "Kernel Up" when telling the children to get into the Popcorn position.



- ♥ You can tell the children to "park your nose in the garage," the space between their knees.





Cross Patterning

To develop cross pattern movement and integrate both sides of the brain.

TEACHER TOOLBOX

- Colored stickers

Note:

- As children gain skills discontinue the use of the stickers.
- Use Cross Patterning while walking during transitions to the classroom, playground, to circle time or with music.
- This activity may be integrated into a S.M.A.R.T. Course between two areas or if a child is waiting at any time she can Cross Pattern in place.

How to do it

1. Teacher model, if possible, or use a child to model.
2. Place a sticker on the top of the children's right hands and left knees.
3. Have the children slap the hand with the sticker onto the knee with the sticker while they are sitting on the floor.
4. Have the children slap the hand without the sticker onto the knee without the sticker.
5. Repeat.
6. When the children are able to Cross Pattern successfully while sitting, they may move to the next step in the progression listed below.

Next steps of progression:

- (1) Cross Pattern while standing
- (2) Cross Pattern while walking

♥ Fun Stuff ♥

♥ **Criss Cross Apple Sauce** Recite Criss Cross Apple Sauce (touch each knee with opposite hand). Spiders crawling up your back (hands wiggle upward). Cool breeze (hands wave and cross above head). Tight squeeze (hands hug self). Now you get the shivers (shake off). Repeat.

♥ When the children know how to Cross Pattern while walking you can turn on some march music and have them Cross Pattern march around the room.



Gross Motor

