






Rhythm and Movement

Trauma treatments that include rhythm, movement and drumming are showing successful outcomes for students. Dr. Bruce Perry, MD, says we need “patterned, repetitive, rhythmic, somatosensory activity” to heal trauma that has happened to us. When our brain shuts down because of trauma, it moves into the most primary parts of function. To change patterns of the brain, we need “to provide patterned, repetitive input to reach poorly organized neural networks involved in stress response.” (Dr. Bruce Perry). These activities give a sensation of safety and regulate the brain so it can move into patterns that are more open to learning.

Ball Bouncing	Bal-a-vis http://www.bal-a-vis-x.com/exercise.htm	
Hand or Clapping Games	Care.com 8 Easy Games For Kids You Can Play With Just Your Hands https://www.care.com/c/stories/3827/8-easy-games-for-kids-you-can-play-with-just/	
Skipping	VeryWell Family Old-Fashioned Jump Roap Songs and Rhymes https://www.verywellfamily.com/old-fashioned-jump-rope-rhymes-1696145	
Singing/Chanting	Songs for Teaching: Using Music to Promote Learning https://www.songsforteaching.com/chantsraps.htm	
Marching	Metronome Online can help children find the beat of their body. Try 60 beats per second and go from there. https://www.metronomeonline.com/	
Drumming	Boomwhacker Playalong https://youtu.be/yhr3n15o0yw	