

Activities from Sensory Processing/Reflex Integration In-service

1. Bonding Reflex:

Developmental Implications:

Influences us at the physical and emotional level.

- Creates feelings of comfort, harmony, loved, protected
- Triggers attachment to parents, caregivers and the whole family unit.
- **Non-integrated you might see:**
- Negative attitudes towards self and “world”.
- Poor self image, shy, worried, fear of failure, emotionally fragile.
- Attachment issues.

Integration Activities:

1. Infant: Hold your baby on your chest or cradle facing you and gently rock them while breathing deeply and calmly. Quietly sing or speak to her about her strengths, love for her etc.

2. Embracing squeeze: Using a deep but soft and rounded squeeze, using both hands with pressure coming from your palms. Slowly and lovingly embrace the arms and legs moving from the wrists and ankles toward the body. Hold each embrace for 7-10 seconds.

3. Older children: Have them sit with legs crossed and arms crossed over their chest. You stand or sit behind and gently rock him side to side talking about his strengths, courage, love.

2. Hands Grasp Reflex:

- Grasp is used during the birth process as it helps to increase muscle tone and strength as well as hormones and neurotransmitters needed for a successful birth.
- **Developmental Implications:**
- Gross and fine hand motor skills
- Development of the concept of Left and Right, hand dominance
- Speech and Language
- Perseverance , “grasping” understanding concepts
- **Non-Integrated:**
- Difficulty with communication
- Hyper or hypo sensitivity, difficulty with discrimination of shape, size, space
- Insecure, fearful “hanging on for dear life”
- Stuck in ways of behavior and thinking,
- Attachment and bonding issues

Hands Grasp Integration activities:

1. In sitting or lying down, with the arm out straight and wrist in neutral. Have your child hold onto your finger that is positioned in their palm at the base of the fingers and provide a little traction. Make sure their thumb is on the outside resting on the index and middle fingers of their closed fist.
2. Have them hold their own thumb with their other hand in a fist. Can be used to help calm and relax when not feeling regulated.
3. Monkey bars, holding onto a rope while being pulled on a scooter, hardwood floor, play dough, kinetic sand, pop apart toys, squishy fidgets, ball popper toys.
4. Thumbs in /Thumbs out game. Have your child imitate you making a fist with thumbs out over the top of your index and middle fingers. Next "hide" your thumbs in your palm with all fingers on top.

3. Hand Supporting Reflex:

Protection and Survival:

Prepares us to protect our head and upper body when falling. Major role in stress management. Brain knows it has options and possibilities.

Developmental Implications:

- Exploration of personal space and clear boundaries.
- Ability to break your fall with your arm
- Development of arm and hand use for fine and gross motor skills, reaching, throwing, crawling

If immature or lack of integration:

- Prone to injuries to upper body
- Poor personal boundaries, bully or victim (Hitting, rough, throwing)
- Tendency for anger and aggression
- May prefer isolation avoid interaction
- Difficulties with gross and fine motor, eye teaming, auditory processing.

Hand Supporting Integration activities

1. **Infant or small child:** Hold them with your hands on their chest under both arms. Lean them down towards the table and their arms will come out and hold their body up.
2. **Elevator:** Lying on their back with arms at their sides, elbows bent to 90 degrees. Place your fingers on the heel of their hands and have them push up with their hands open, palms facing the ceiling.
3. **Wall push-ups:** Can also give slight resistance on their shoulder blades as they push off slowly. Nose to the wall. No head turning.

4. **Wheelbarrow walk:** Supporting at hips if needed.
5. Stand facing each other with heels of hands together and push against each other.
6. **Animal walks:** Bear, crab, lion, etc. Airplane

4. **6 ended Star Archetype**

First foundational movement pattern. Connects our limbs to our core and creates the balance between flexion and extension in our body.

Flexion is associated with “freeze” response, focus on detail, imitation.

Extension is “fight/flight” response, focus on “big picture”, self-expression.

Developmental Implications:

- Coordination of movements of the core and limbs
- Postural Control
- Proper stress management. (Balance of fight/flight/freeze response)

If Immature or lack of integration:

- Uncoordinated
- Lack of postural control
- Difficulties with learning due to lack of imitation skills
- Delay in the formation/integration of infant and lifelong reflexes

6 ended star Integration Activities

1. A) Stand tall with your arms reaching overhead for the “stars”. Palms are facing out with thumbs facing forward. The top of your head is reaching for the ceiling. Slight bend in knees and bottom pushing back a little bit. Wiggle fingers. Hold for 7 seconds.

B) Next cross your arms and curl forward in standing or squat to the floor. Curl even more for a tight squeeze.(Bring nose towards belly button)
Repeat alternate standing/stretch with curling several times ending with standing and stretching.

2. **Passive 6 ended star**

A) Hold one of your hands just below the belly button (or have the person hold their own hand there) and draw a line with your other hand with gentle pressure up the center of the body to the chest/sternum. Hold two points for 7 seconds and repeat 3-5 times.

B) Repeat stroke pausing at sternum and follow down the length of the arm. Give slight traction at the end.

C) Repeat on the other arm.

D) Draw a line across to the hip, pause, and down the leg with slight traction at end. Repeat several times on each limb.

3. **Popcorn**: Lie down on your back and curl up in a ball (Kernal-up) crossing arms and legs, and lifting head forward. Hold this for 7 seconds and “pop” open with arms and legs opening and out to the sides. Repeat several times.

4. **Cat/Cow**: On all 4's, drop your belly button down towards the floor while you lift your head (cow). Next, push your belly button up towards the ceiling tucking your head and arching your back like a cat.

5. **Guess which body part**: Have your child lie on their back with their eyes closed. Touch an arm or leg and have them lift the one you touch. Do one limb at a time at first then try two at the same time. Both arms, arm and leg on same side, opposite arm and leg.

6. **Hokey Pokey**: Can have them hold one hand below their belly button.

Regulation activities to shift your brain.

1. **Finger activation**: Hold your child's finger with your index on the top and thumb and middle fingers on the sides like a triangle. “Inchworm” down from the tip of their finger to the bottom then pull off with a bit of traction. Start with the little finger and work towards the thumb.

2. **Fast walking**: Lean a bit forward and walk quickly. Don't run.

3. **Running in place**.(Can hold onto a counter etc). Feet can land with some stomping.

4. **Embracing squeeze**: Can do arms or legs to help organize and calm as needed.

5. **Babkin**: Press in the center of palms and have your child open their mouth if they are able. This activates the release of endorphins (happy hormones) and releases jaw tension.

6. **Grasp**: Have them grasp the thumb of one hand (arm extended in front of them) with the fist of the other. Gently squeeze and hold.

A moving child is a learning child

Doing the following motor activities everyday provides organizing input into your brain and body. Activities should be fun and respectful of a child's abilities.

- Belly crawling, hands and knees crawling, Jumping, hopping, spinning, rolling.
- Make movements purposeful by jumping a certain number of times, in a rhythm, with spelling words, math facts, tell a story with the motions.
- Start and Stop games. Freeze, Red light Green light.
- Monkey bars.

Masgutova Method YouTube Videos

1. Strengthen Your Immunity with MNRI Reflex Exercises.

<https://www.youtube.com/watch?v=ayql4Eko6l8>

2. Masgutova MNRI Reflex Integration for Trauma Recovery

<https://www.youtube.com/watch?v=vrewdUq30Z>

3. Masgutova Breathe and Move to Positive Transition

<https://www.youtube.com/watch?v=HdivKFsdTjs>

4. Masgutova Web Site:

<https://masgutovamethod.com>

Additional Resources:

1. The Out-of-Sync Child by Carol Stock Kranowitz, M.A.
2. The Out-of-Sync Child Has Fun by Carol Stock Kranowitz, M.A.
3. Smart Moves: Why Learning Is Not All In Your Head by Carla Hannaford, Ph.D.
4. Understanding Your Child's Sensory Signals: A Practical Daily Use Handbook for Parents and Teachers Angie Voss, OTR/L
5. Interoception: The Eighth Sensory System by Kelly Mahler, MS, OTR/L
6. Me Moves: DVD that combines music, movements, and images to improve attention, focus, and mood.
7. Yoga YouTube videos.