Enhancing group process with movement

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Movement discussion

• THAT’S ME

• Movement keeps us alive

• The opposite of to move is to be stationary or still.

• Being stationary leads to atrophy in some form.
Movement is important to young minds!

1. boosts brain function
2. increases learning and retention
3. increases self esteem
4. is necessary to express feelings
5. allows all the systems of the body to sustain life
6. improves mood, reduces stress and helps balance sleep cycles (J. Madigan)

BALL TOSS
Brain Research

- Howard Gardner has identified 8 intelligences that all humans possess to think and learn.
  - Mathematic, linguistic, auditory, musical, interpersonal, naturalistic, etc.

- 85% of all school-aged children (grades K-12) are kinesthetic thinkers and learners!

  • LOUD OR SOFT?
Motor Movement

- Raising the heart rate oxygenates the brain along with feeding it glucose at an increased rate.

- DYK? Your brain weighs $\frac{1}{50^{th}}$ of your total body weight, yet uses $\frac{1}{5^{th}}$ of your body’s oxygen!

- Lack of oxygen can cause confusion, fatigue, sluggishness, disorientation.
Can movement help groups?

- Movements that activate more than one area of the brain simultaneously are especially effective in stimulating the brain.
  - Fingers, Thumbs. Draw shapes

- Activities that cross the midline of the body are also very effective in stimulating both hemispheres of the brain.
  - Nose and Ear. Partner Finger Touch
We remember information with the help of memory pathways.

When you put knowledge into the brain, it comes out via a memory pathway.
Memory Pathways

Semantic – Numbers, symbols, text, dates, words. (Multiple choice questions, memorizing)

Episodic – episode, emotion, engaged senses. (Involves colors, smells, music, visuals)

Memory is retrieved more effectively when movement is included.

CONTINENTS
The Big Four

• Adolescents require four things to best retain information.

1. Motivation
2. Stimulation
3. Feedback
4. Repetition
Let’s try some

• Switcheroo
• Switcheroo, Minus One
• Waiter, Waitress
• How Ya Doin’?
• Poppers
• Tubes
• Hamburger Press
• Build a Campfire
• Balloon Tap
• Balloon Walk
• Partner Shoe Tie
• Gotcha
• Group Juggle
Give it a try

- Pick an activity
- Use your list of skillstreaming skills list
- Try it
- Start small
- Makes notes/discuss with peers
- Save partner activities for later on
Activities should...

- Be fun
- Allow for smiles/laughter
- Allow for clients to engage
- Enhance a Skillstreaming skill.
Movement Mistakes

- Making a client feel guilty if they don’t engage with vigor
- Not allowing transition time for clients to self-regulate or calm down before group
- Forcing a client beyond their comfort level
- Using it as punishment
Thanks, stay in touch

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