



Move with Me™

ACTION ADVENTURES

Parent/Teacher Guide



SCOOTER & ME™

Active Play for Body, Mind, Heart
with Wendy & Friends



TESTIMONIALS

“Leah Kalish and her team have put together an imaginative and entertaining collection of innovative ways to engage the creativity and body wisdom of young people in her MOVE with ME™ Action Adventure DVD’s. Their expertise, understanding of child development and love of learning make these a must-have for the home or classroom.”

Brenda Strong

*Actress/Desperate Housewives
& creator of Strong Yoga™*

“My students love these adventures and they are remembering the Adventure Skills. We use them when kids get cranky, frustrated or need a break. Thanks Move with Me™, your DVDs definitely make our days more fun.”

Marnie Diem

Teacher

“Move With Me™ Action Adventures are genius! The combination of story, movement and self-regulation techniques, called Adventure Skills, is totally fun, appropriately challenging and well-sequenced. This is active play media for kids that truly enhances mind-body fitness.”

Baron Baptiste

*yoga master and author, Journey into Power
and My Daddy is a Pretzel*

HEART SERIES INTRODUCTION

Move with Me™ Action Adventures provide teachers and parents with health enhancing media resources and tools for playtime and education.

This **Move with Me™** Parent Teacher Guide is designed to optimize the benefits of using the **Scooter & Me™** DVDs with your children and students. All nine **Scooter & Me™** stories are complimentary and structured to engage, educate and empower the **WHOLE CHILD**. The DVDs in the Body Series lay the groundwork for the Mind and Heart Series. We encourage you to collect all three sets and watch your children blossom in their skills, self-confidence and self-expression.

The story-driven, instructional, follow-along exercises in our DVDs help children develop focus, flexibility, strength, balance, coordination and the awareness to manage and appropriately regulate their feelings and energy. The movement sequences and health education integrated into the action are designed by experts to support physical, cognitive and emotional development.

Each DVD is 25-30 minutes long and includes:

Warm-up | Story with movement
Relaxation | Skill review



Additional resources are available on our website:

www.move-with-me.com

ADVENTURE SKILLS

Why Do We Use Them?

- Sad?
- Anxious?
- Confused?
- Stressed?
- Scared?
- Do you have a problem you need to solve?
- Do you need to see and hear clearly to find your way?
- Do you need to access your innate courage, strength and intelligence?

Scooter and The Boy know just what to do, and they have Adventure Skills they want to share with you!

In each story, specific Adventure Skills are taught. These skills are highlighted and practiced during the story when a featured character needs support. If you use the whole Scooter & Me™ series, you will notice that the same Adventure Skill technique may go by different names. We do this to integrate the skill with the story such that it lives in a context that makes sense to a young mind.

The goal is to enhance a child's ability to be self-aware and self-regulating. As children embody these skills, they too, like the characters in the story, are empowered to take specific actions to care for and support themselves.

We encourage you to reinforce children's use of Adventure Skills in daily life.

- How did The Boy or other character use the Adventure Skills to help themselves?
- What did you notice in your own body and thoughts when using the Adventure Skill?
- When might you use that Adventure Skill in your life?
- When you feel confused, frustrated, angry, etc., what could you do?

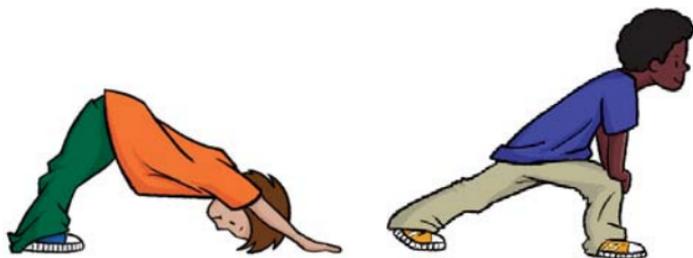
ADVENTURE SKILLS SUMMARY

TORTOISE, HARE and DRAGON



ELEPHANT WISDOM

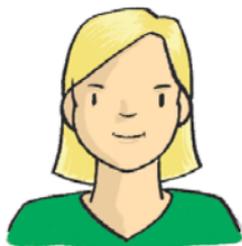
Elephants have acute hearing and can communicate with others as far as 4 kilometers away (Katy Payne). When we want to hear and communicate well, like an elephant, we just gently rub our ears from the top down to the bottom, relaxing any tension in the neck and shoulders and bringing our attention to our auditory system. This exercise is used in Touch for Health and other acupressure systems and is said to stimulate acupunctured points related to every mental and physical function.



CAT WISDOM

Cat Wisdom is about releasing stress. Start on all fours, hands under shoulders and knees under hips. Arch and round your back as you breathe deeply. Then stretch your paws forward and reach your hips on your heels, chest to your thighs and let your forehead rest on the floor. Feel your muscles lengthen and relax. When ready, come back into your table, curl your toes under and lift your hips up, lengthen your spine and legs straight and let your head hang between your arms. Reach your heels to the ground, stretching your calf muscles. Come back down to hands and knees when you're done and sit up on your heels. Notice how you feel.

CORAL REEF



**INHALE THROUGH
YOUR NOSE**



**EXPAND
YOUR CHEEKS**



**EXHALE THROUGH
YOUR MOUTH**

FISH BREATH

Take a deep breath through your nose, now gently blow it all out through the mouth with a soft, funny bloop, bloop, bloop, bloop, bloop, bloop, bloooooop... all the way to the end. Repeat 2-3 times. Exhaling completely makes room for more air to come in next time we inhale. When we bring our attention to our breath, we breathe more fully, which relaxes and restores our system.



OCEAN WISDOM

Place one hand on your belly button and the other hand in the middle of your chest. Rest your thumb and forefinger beneath the collar bone on either side of the sternum. Let your head remain facing forward and move just your eyes easily from right to left. The movement facilitates improved eye teaming skills and cross-motor coordination.

A Beautiful Dream

Adventure Skills from all previous 8 stories.



DRINK WATER!



EAT FRUITS AND VEGETABLES



PLAY, MOVE AND EXERCISE EVERY DAY!



INHALE



EXHALE

BREATHE



HUMMING BREATH



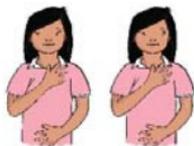
INFINITY 8's



OH NO!



AH YES!



FULL SCANNING MODE



FULL SENSING MODE



MONKEY WISDOM



ELEPHANT WISDOM



DEEP DOWN WISDOM



ROCK THE BOAT



OCEAN WISDOM



CAT WISDOM



INHALE THROUGH YOUR NOSE



EXPAND YOUR CHEEKS



EXHALE THROUGH YOUR MOUTH

FISH BREATH

STORY LESSONS AND SKILLS

Reflect and Reinforce

As you use the Scooter & Me™ Series DVDs, we recommend you reflect on each story's physical and self-regulation skills, as well as life lessons. We offer the following activities and reflection points to support you as a teacher and/or a parent.

TORTOISE, HARE and DRAGON

Perseverance

When obstacles get in your way, what do you do?

Are you like Tortoise? Do you keep on trying?

This is called "perseverance" - when you stick with something for a good reason, even though it may not be easy and things might get in your way.

If Tortoise had given up, how might this story have turned out?

What would have happened to Tortoise, to Hare, and to Dragon? Tell me or show me with your body.

What about The Boy? What changed in his mind and heart by the end of the story?

Let's make an obstacle course and practice perseverance!

Indoors or outdoors, create your own obstacle course. Mark a start and finish and make sure there are lots of challenges in between so you have to climb over and crawl under things.

Or, if you don't have many obstacles, balance a book on your head as you move along the course. Or carry a ping-pong or golf or small rubber ball on a spoon.

If there's no place for active play, work through a maze on paper. That can be challenging, too!

When/if you get frustrated, which Adventure Skills might help you?

Experiment with using that Adventure Skill and find out for yourself.

CORAL REEF

Acceptance

Is it courageous to be curious?

What does it mean to be accepting?

Show me with your body how you look when you are open and accepting.

Show me with your body how you look when you are closed and do not accept.

In the story, when was the boy / hermit crab not accepting and feeling closed up and scared?

Have you ever felt that way - afraid, nervous, un-willing to try something new?

Give examples of situations in which you felt that way, such as making new friends, moving, trying a new food, or sharing your toys.

What did The Boy do? What can you do to open and accept things as they are?

Imagine a situation that makes you want to shut down.

Pretend you have a good friend like crab or eagle who can help you. What would they suggest you try?

Experiment with the Adventure Skills you've learned or one you've figured out for yourself to see which one can help you open up again and see new possibilities.

A Beautiful Dream Relationship

What is a relationship?

With whom do you have relationships?

Family? Friends? Neighbors? Classmates? Teachers? Animals?
Toys?

How do people in a relationship treat each other?

How do your Mom & Dad treat you?

How do they show their love to you?

Do they do nice things for you and take care of you?

How do you show your love to them?

How about your friends? Your pets?

Decorate a heart:

Give each child a pre-cut heart shape in any color paper.

Invite them to think of someone they love and what they would like to give to that person.

It could be a gift, a feeling, an action.

Then have them draw what they chose to give on the one side of the heart.

On the other side, have the child write their name (or help them to do this).

Then, allow the children to decorate the hearts as they please.

MOVEMENT

An Essential Ingredient of Healthy Growth

Physical play and movement are essential for growing minds and bodies. When you nurture the body, physically, you nurture the mind, both cognitively and emotionally. Providing your children with opportunities for daily active, creative play is the best way to lay a foundation for emotional health and academic fitness.

Dr. John J. Ratey, MD, Associate Clinical Professor of Psychiatry at Harvard Medical School, writes: “Exercise is miracle grow for the brain.”

Every time kids move joyfully, they fuel their brains with BDNF and other positive chemical messengers that enhance their mind-body connections.

- Play is the language of children and nature’s biological plan for learning.
- Play generates joy which fuels the production of the positive chemical messengers: dopamine, serotonin and acetylcholine, neurotransmitters essential for the physiology of growth and development.
- Play is multi-sensory and invites the whole child to show up – body, mind, imagination and heart.
- Play inspires creative thinking. Play puts children in a present, focused, receptive and integrated state.
- Regular active play and stimulating physical education enhance academic achievement, fitness and behavior.

Slow intentional movement exercise, such as Yoga postures, Karate, Thai Chi, Chi Gong, Brain Gym® and **Move with Me™** Action Adventures, concentrates BDNF in the cerebellum and the hippocampus, areas of the brain that directly impact coordination of body and mind, our thought processes and the enhancement of learning and memory.

TIPS

Children develop at different speeds

As you watch the DVDs, it's important to remember that all children develop at different speeds. You will notice a wide range of developmental levels among the children on screen. Some can easily balance and cross the midline of the body by the age of 4 and some find it challenging up to age of 6 or 7. It is age-appropriate for children ages 5 and under to automatically bring their hand to the same knee, demonstrating a same sided crawl (homo-lateral crawl). Wherever your children are developmentally, celebrate their movement.

Have fun and play with your children

What is most beneficial for children is having fun moving and having you enjoy and encourage them. There is no way to be incorrect, so allow your students and children to discover the patterns and build skills at their own pace. We even recommend that you invite them to create their own moves and story tangents. If your kids start to watch the stories instead of moving with them, jump in and follow along. They'll be so excited that you are playing with them, they'll re-engage with the action.

Physical skills build cognitive connections

Mind-body science has correlated the ability to perform specific movements with the body, such as crossing the midline and drawing a figure eight with one hand, to other cognitive abilities, such as readiness for near vision academic work. Using the **Scooter & Me™** DVDs regularly helps kids build the physical skills necessary for academic skills, such as reading and writing.

ACKNOWLEDGEMENTS

Move with Me™ Action Adventures integrate techniques and movements from several modalities: **Yoga postures, Chi Gong, Brain Gym®, dance, kinesiology, developmental optometry, occupational therapy, as well as from the creative play of joyful children and loving adults. We thank these amazing systems for their inspiration and education.** The Adventure Skills techniques include adaptations of Yoga postures and breathing as well as the work of Paul and Gail Dennison, founders of the Educational Kinesiology Foundation, known as Brain Gym®. For more information on their work and additional cross lateral and bilateral integrative movements please visit www.braingym.org

Credits:

Executive Producers - Leah Kalish and Bruce Kalish

Director / Editor / Music Supervisor- Rob MacMullan

Writers - Liz Bragdon and Wendy Phillips Piret

Teacher - Wendy Phillips Piret

Teaching Assistant – Liz Bragdon

Voice-Over for Adventure Skills Overview - Alyson Steel

Camera Operators - Rob MacMullan / William Bailey / James Bass

Composer - Doug Hall (Propeller Music)

Production Assistant - Emily Davenport

Graphic Design - Richard Conturo

Theme Song: Lyrics by Leah Kalish / Music by Rob Macmullan

Thank You Song: Lyrics and music by Kerri Thea Parsons /

Backup vocals Anna Brown

Cover Photography: Abby Photo / Paul Wood Photography

Special Thanks

Ron Piret

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Heather Prevot

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Tanya DiMaggio

Beau Chene Country Club

All the families who supported us in Mandeville, LA

NOTES

NOTES



Engage

Focus · Imagination · Coordination

Empower

Strength · Balance · Flexibility

Educate

Self-Awareness · Control · Confidence

Make Play An Adventure For The Heart!

Move with Me™ stories are music to your child's body, mind and heart. Pop in a Scooter & Me™ DVD and engage your child with the energetic, creative play they love and need - at home and at school. Join The Boy and Scooter on their adventures and help them pluck a thorn from a dragon's foot, explore the coral reef with a crab, swing with a silly monkey, fly with pelicans, swim with dolphins and rest in the sunshine by the lake under the big oak trees.

TORTOISE, HARE and DRAGON

Perseverance

It's a race - Tortoise vs. Hare! Fox, Eagle, Beetle and other forest friends have come to cheer them on. But, wait... how did a Dragon find his way into this story? And how are they going to get around him and finish the race?



A Beautiful Dream

Relationship

Summer is over, school's about to begin and The Boy has a beautiful dream about his adventures with Scooter. He revisits the amazing places they explored, the wonderful friends he met and the fun they had. Wouldn't it be great to go for a Scooter ride in the park by the lake, one last time?



CORAL REEF

Acceptance

Sometimes, The Boy is a boy and sometimes...he's a hermit crab on a big, beautiful coral reef. And sometimes, he feels very small and afraid. Jellyfish, sharks, manta rays... should he explore and make new friends or scurry away and hide in his shell?



Each DVD includes:

Warm-Up · Adventure Skills

Story with Movement · Relaxation · Review

Informed by PE Standards.

Exercise Science Developmental and Educational Research, Yoga and Brain Gym®.

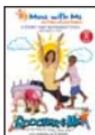
Buy Scooter & Me™ Series 1 & 2



www.move-with-me.com



Produced in partnership with Little Trees.



BODY



MIND