



Move with Me™

ACTION ADVENTURES

Parent/Teacher Guide



SCOOTER & ME™

Active Play for Body, Mind, Heart

with Wendy & Friends



TESTIMONIALS

The brain grows and develops through movement, allowing us to optimize learning, memory and creativity. **Move with Me™** Action Adventures provide fun, easy and profound ways to optimally develop brain function. The whole family will benefit from this series.”

Dr. Carla Hannaford Ph.D.

Biologist and Author of Smart Moves, Why Learning is Not All In Your Head and Playing In the Unified Field, Raising and Becoming Conscious, Creative Human Beings, Ahti Mohala Hawaii

“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 their **MOVE with ME™** Action Adventure DVDs. 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™*

“**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*

BODY SERIES INTRODUCTION

Move with Me™ Action Adventures provides 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 the whole child - physically, cognitively and emotionally.

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 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 are empowered to take specific actions to care for and support themselves, just like the characters in the stories.

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

THE BIRTHDAY GIFT



DRINK WATER!

Water is absorbed well by the body when taken in frequent small amounts. Water is essential for the nervous system. We need water in order to think, learn and interact.

EAT FRUITS AND VEGETABLES

These foods provide vital nutrients and antioxidants to every system of the body. They also contain phyto-nutrients which help lubricate the body and act as cleansing agents.

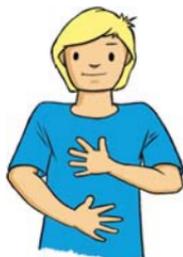


PLAY, MOVE AND EXERCISE EVERY DAY!

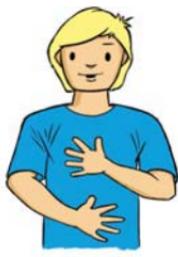
Movement and play boost the levels of Brain Derived Neurotrophic Factor (BDNF) which helps grow brain cells. In one study, several primary schools cut back on academic instruction in order to make more time for physical play. The kids either maintained or improved their academic performance (Trudeau and Shephard, 2008).

BREATHE

When we are upset, anxious or tense, we often hold our breath, which makes us even more anxious and upset. You can shift yourself anytime by just remembering to pause, settle down and breathe.



INHALE



EXHALE

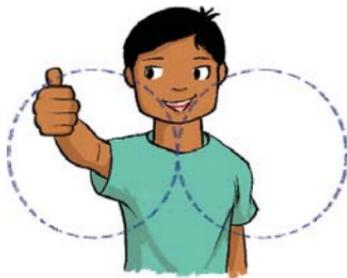
MONKEYING AROUND AT THE ZOO



HUMMING BREATH

Place one hand on your belly button and place the other hand in the middle of your chest, over your sternum. Take a deep breath in and hummmmm (humming your exhale).

As you experience the soft, humming vibrations in your face, chest, throat and brain, let yourself center and relax.



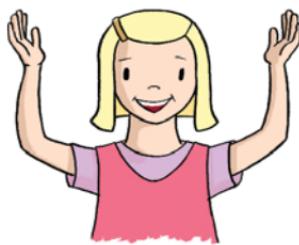
INFINITY 8's

With one thumb at eye level and the other hand relaxed at your side, draw the thumb through the air, tracing a large 8 lying on its side. Follow your thumb with just your eyes to build eye muscle strength and coordination needed for reading and writing.

POSSUM'S TAIL

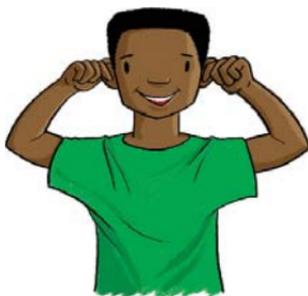


OH NO!



AH YES!

When we have been given sad or bad news, we often think or feel, “Oh no,” and instinctively cradle our forehead with our hands. If we then massage our brow, we can more easily reconnect with our positive thinking. That’s because the prefrontal cortex of our brain is the part that makes smart choices.



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.

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.

THE BIRTHDAY GIFT strength

What makes our body strong?

Water, healthy foods and plenty of exercise.

How does hydrating our body by drinking water make us strong?

- Watch a plant that is wilting 'spring' back to life when you water it.
- Let's pretend we are plants. We are thirsty and droopy. Then we drink water. Show me with your bodies what happens when you are watered.
- How do you feel after you've had a drink of water? Does anything change in you like it does for the plant?
- Water, like breath, is vital fuel for being strong and feeling good!

Can breathing help us be stronger?

Let's experiment.

First do some movement with lots of energy (bunny hops, jumping jacks or frog jumps, for example) as fast as you can, not paying attention to the way you are doing it - just going fast. How are you breathing? Fast? Slow? How do you feel? Tired? Full of energy?

Now focus on your breath and watch what happens. Notice your heartbeat slowing down and feel how your body cools and calms. How does this make your body feel?

Breathing brings air into our lungs. The oxygen in the air we breathe enters our blood stream. Every part of our body needs oxygen, just like we need food, water and sunlight. Every muscle, every organ and so on, down to the tiniest little cells that make up every part of our body, needs oxygen to survive and to thrive.

MONKEYING AROUND AT THE ZOO

Flexibility

What is flexibility?

Flexibility means bendy, just like a monkey. And just like us.

Take a few minutes and bend in all the ways that you can!

Now find different objects, indoors or outdoors. Which one is the most flexible? Which one is the least flexible?

A sweater or cloth is completely flexible. A rock or a pen has no flexibility. A leaf has some flexibility. But if you bend it too much, what happens?

Now, experiment with a pipe cleaner. It's both flexible and strong. It can both bend into new shapes and hold those shapes.

Are our bodies both flexible and strong?

How does being flexible help us be strong?

Just like our bodies need water and air to be strong and healthy, our bones, joints and muscles need movement to be strong, healthy and flexible.

If you get stiff, what happens to how you feel and how you can move? Show me being stiff, just like a statue. Try to run or even walk...it's difficult to move around when you're not flexible.

Next time you get stiff after sitting too long or being cold, try slow stretching movements with big deep breaths to loosen up and get flexible again.

POSSUM'S TAIL

Balance

How do I balance?

Wherever you are, find things to balance on – tape on floor, a curb, a rock, the stairs, a ball, etc. Practice balancing, just like possum.

Is it easy?

Is it difficult?

Now, try stacking objects. You can use simple objects like blocks or objects of different shapes. What happens when they are balanced well? What happens when they are not?

Does that make you think of your body when you were trying to balance? What do you think helps the objects to balance? Does keeping them centered and evenly aligned help?

Draw a picture of yourself in your favorite balance pose.



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 and critical 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, 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

Marnie Diem

Nick Drake

St. Timothy's United Methodist Church

Heather Prevot

Yoga Sanga Mandeville, LA

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 Body!

Move with Me™ stories provide children energetic, playful exercise and charming, fun-filled stories to play along with, over and over again. Moving, exploring and learning with Scooter & Me are not just fun, it supports your child in body, mind & heart health.

THE BIRTHDAY GIFT

Strength

Meet The Boy and his beautiful red Scooter, the best birthday present ever! Ride along with them through the park and grow a little stronger, faster and more adventurous every day. Imagine being a motorcycle, jet boat, rocket ship, star, tree, bird and more!



MONKEYING AROUND AT THE ZOO

Flexibility

Want to go to the zoo and hang around with the bendiest monkey in town? Better teach your Scooter how to fly! Come stomp with elephants, nibble leaves with the giraffes and tuck yourself into a tortoise shell. Every animal is special in its own way - just like you!



POSSUM'S TAIL

Balance

Don't have a tail? Neither does this plucky little possum. Can she learn to balance, climb, dodge alligators or hang upside down without her tail? Come join us in the swamp and find out what happens when Possum is determined!



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 2 & 3



www.move-with-me.com



Produced in partnership
with Little Trees.



MIND



HEART