



# Move with Me™

ACTION ADVENTURES

## Parent/Teacher Guide



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

## TESTIMONIALS

**“Pizza Party and Scooter & Me™ Stories are playful, empowering, meaningful and joyful! My nephews LOVE them. And they are just as fun in the classroom as they are at home.”**

**Sheree J. Wilson, Mom**

*Actress, Walker, Texas Ranger and Producer, Easy Rider Sequel*

**“All I can say is ‘WOW’.** Thank you so much for sharing this. I can’t wait to get my hands on the whole series.”

**Joanne Spence**

*E-RYT Yoga in Schools, Executive Director of Yoga on the Square,  
Director of Home of Absolute Beginner Yoga DVD, Pittsburgh,*

**“I love how the movement invites children to tell the story along with the storyteller. They are not only stretching and strengthening their bodies, but their minds, as well. By using the poses and movements to act out the story, young children are reinforcing their narrative skills, an important early literacy skill. Liz & Wendy are natural storytellers.”**

**Tanya DiMaggio**

*Children’s Services Coordinator, St. Tammany Parish Libraries*

# MIND 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](http://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 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

### LOST AND FOUND IN AFRICA



**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 intentional and rational choices.



### MONKEY WISDOM

Whenever you do rhythmic movement that crosses the mid-line of the body, such as touching your hand to opposite knee or foot, you fire up the whole brain. This is a great way to prepare for fine motor skills, such as reading and writing, which also cross the body’s vertical midline. Anytime you need to energize your brain, do a little Monkey Wisdom!

# ROBOT MAKES A NEW FRIEND ON THE MOON



LOOK LEFT



LOOK RIGHT

## FULL SCANNING MODE

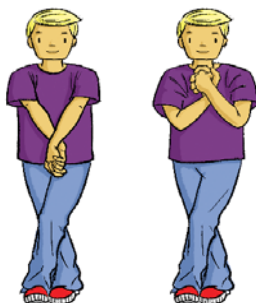
Place one hand on your belly button; place the other hand in the middle of your chest. Rest your thumb and forefinger beneath the collar bone on either side of the sternum. Keep your head facing forward as you move just your eyes from right to left. This movement improves eye teaming skills and cross-motor coordination, building the strength in the eye muscles to focus on small print.



## FULL SENSING MODE

When we want to hear and respond appropriately to the world around us, we can gently rub our ears, relaxing the tension in the neck and shoulders and bringing our attention to our listening. This exercise is used in Touch for Health, BrainGym® and other acupressure systems to stimulate mental and physical function.

# Set Sail!



## DEEP DOWN WISDOM

You can do this pose seated or standing. Cross your ankles. Stretch your arms out in front of you and rotate your thumbs down toward the floor. Cross your wrists, interlace your fingers and then scoop your clasped hands down and up to your chest. Touch your tongue lightly to the roof of your mouth and breathe.

Think of someone or something you love. This activity invites calm, integrates mind and body and dissipates upset. Try it next time you are fearful, angry or frustrated and want to shift your self back to feeling centered and clear-headed.



## ROCK THE BOAT

When stormy emotions have you churning inside, this movement can help settle you down. Sitting on a padded floor with your hands behind you, lean back, bend your knees and lift your feet off the floor. Keeping your feet off the floor, rock gently from one side of your bottom to the other, massaging your gluteus muscles. The movement will relax and ground both your body and emotions. The activation of the core and spine also supports attentiveness and memory.

# 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.

## **LOST AND FOUND IN AFRICA** Courage

### **How can we connect with our own courage?**

When The Boy was scared, what did he do to find his courage?

When you are scared, how do you find your courage?

When you see that one of your friends is scared, how do you help?

Would pretending to be one of the animals in the story help you feel courageous?

Which one would you choose: monkey, hippo, cheetah, lion or eagle?

Next time you feel scared, which animal will you choose to be?

### **Practice connecting with your courage by being your animal.**

How do you move? What sound do you make?

Draw a picture of yourself being courageous.





# ROBOT MAKES A NEW FRIEND ON THE MOON

## Curiosity

### Is it helpful to be curious?

When something is new or unfamiliar to you, what do you do?

Are you curious?

Do you want to explore and try and figure things out?

Or do you get nervous, frustrated or even scared?

### Let's experiment.

Gather together several objects of all different textures such as spaghetti, grapes, dirt, clay, or a bowl of liquid hand sanitizer. Use things that, when just felt and not seen, could be taken for something they are not.

Put them in a box with a hole in it and then cover the hole with cloth.

Reach into the box to feel the object(s).

First, use touch, then add smell and then hearing. No tasting!

Try to guess what your object is before looking.

Notice how you feel in your body when facing the unknown.

Breathe and watch your different feelings as they appear.

### What is inquiry? How do we figure things out?

Reveal the object and reflect.

Did you guess correctly?

How did you come up with your answers?

What was your mind telling you?

It takes a strong sense of curiosity to explore something without knowing what it is; and once we do, our brain will try to find ways to identify it based on information already in storage and a good dash of imagination. Sometimes this is helpful and sometimes it can lead to misunderstanding. What happened for you?

# Set Sail!

## Choices

### **Where do our choices come from?**

Gather a bunch of old magazines and cut out pictures of food. Take your favorites foods and set them to one side. Share and discuss your choices.

Are your favorites foods the ones that your taste buds want or that your body needs?

Do you ever eat food even though it doesn't leave you feeling very good after? Why?

What do you think is healthy? What do you think might not be healthy for you?

### **When you make a choice, do you think about what might happen as a result of that choice?**

What did The Boy learn about his choices?

How did The Boy learn that?

Do you think he will make the same choices now that he knows the consequences?

### **Do you really know what you are choosing?**

What do you know about what's in some of the foods you eat?

Next time you are in the grocery store with your Mom, Dad or other adult, read the fast food or processed food nutrition labels with them.

Compare it to the information and ingredients of organic and whole food, like fresh meats, vegetables, nuts, dairy and fruits. Which do you want to put into your body?

# 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 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](http://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

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# NOTES

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## Engage

Focus · Imagination · Coordination

## Empower

Strength · Balance · Flexibility

## Educate

Self-Awareness · Control · Confidence

### *Make Play An Adventure For The Mind!*

Good for your child's body also means good for their heart and mind. Move with Me™ stories engage your children in energetic, fun-filled play. Perfect for home or classroom, our stories also help children learn how to self-reflect and change their "Oh No!" moments into "Ah Yes!" insights, how to use simple breathing to calm themselves when they're anxious or scared, as well as other basic, but crucial self-care skills they can use any time, any place and at any age.

## LOST AND FOUND IN AFRICA

### Strength of Character

The Boy wants to go where the lions, cheetahs, hippos and monkeys roam. Hop on Scooter, grow some butterfly wings and set your course for Africa! Watch out for those hyenas, and don't forget your courage!



## Set Sail!

### Choices

When his Mom says, "No,"

The Boy and Scooter set out - in a canoe, a submarine, a raft and a sailboat - for any place where the boy can make his own choices. Join them as they sail away to play with dolphins and discover Candy Island, No Bedtime Island and It's Your Birthday Everudau Island.



## ROBOT MAKES A NEW FRIEND ON THE MOON

### Curiosity

Blast off! Watch out for that comet! Scooter is a rocket and headed to the moon! There, Robot almost blows his circuits when he sees Scooter. What is this thing? Can I bounce it? Can I eat it? Will Robot overheat or play and have fun, even when confronted with the unknown?



Each DVD includes:

**Warm-Up · Adventure Skills  
Story with Movement · Relaxation · Review**

Informed by PE Standards,  
Exercise Science Developmental,  
Educational Research, Yoga and Brain Gym®.

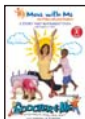
## Buy Scooter & Me™ Series 1 & 3



[www.move-with-me.com](http://www.move-with-me.com)



Produced in partnership  
with Little Trees.



**BODY**



**HEART**