

Using Mindful Movement, Play and Storytime to Improve Outcomes for Deaf/HH Children



Larissa Noto, JD, ERYT-500, RCYT, RPYT, C-IAYT
Owner – The Lovely Little Lotus
Advocate & Parent Mentor – Family Connections for Language and Learning

Who Am I?

- Mom to Tyson (13), Gavin (11), Logan (9)
- Former Lawyer, Turned Movement and Mindfulness Educator, Yoga Therapist, Special Needs Advocate and Parent Mentor to Families through Family Connection for Language and Learning
- Parent of a Child who was born with Deafness/Hearing Loss, ADHD, SPD, and APD, along with Mental Health Needs



Why am I Here?



Meet Gavin



Learning in Waves

“Development doesn’t occur in a linear progression, but as overlapping waves with each pattern being integrated and modified by the emergence of new patterns. Eventually all patterns are contained in each of the others.”

- Bonnie Bainbridge Cohen, Sensing Feeling and Action



Let's Steer Our Child's Ship



YOU CAN'T STOP THE WAVES, BUT YOU CAN
LEARN TO SURF.

— JON KABAT-ZINN

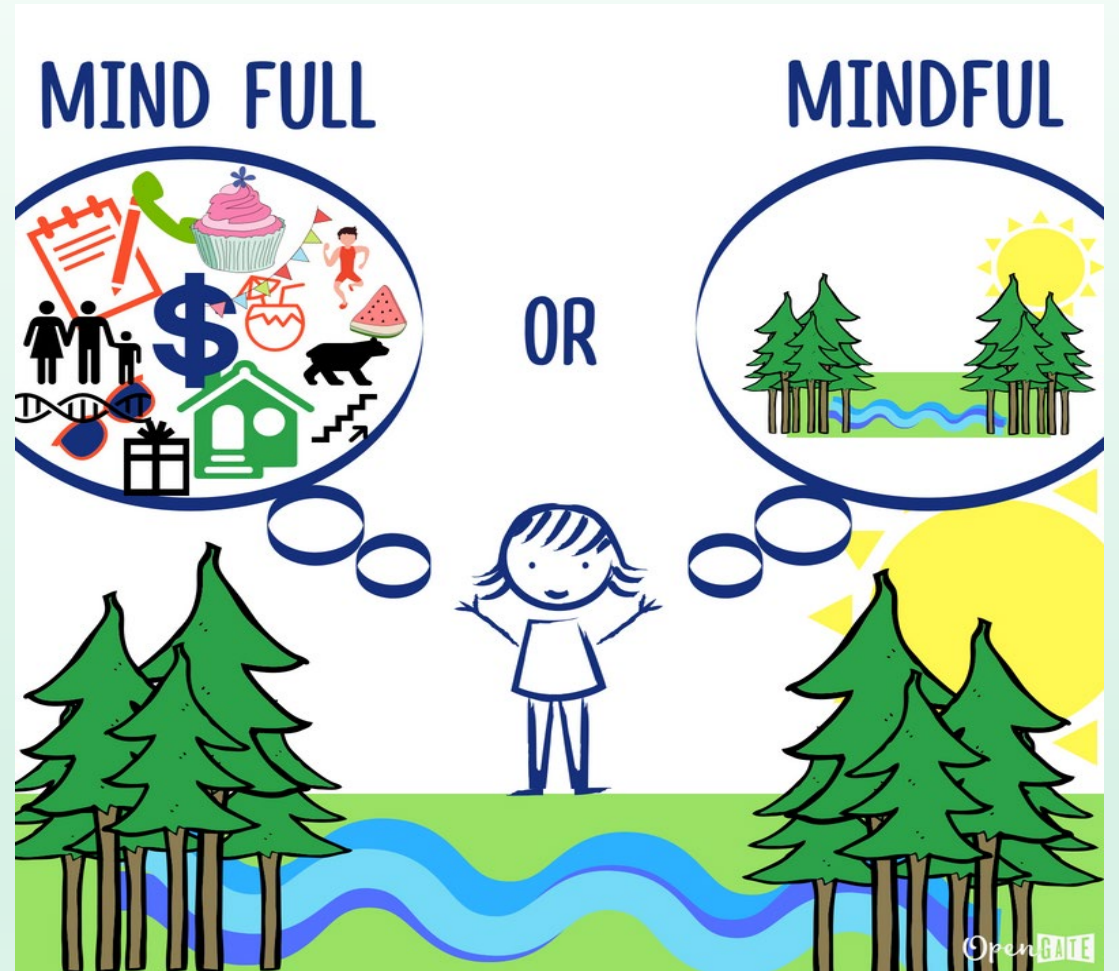
Grounding Practice

Used to calm, connect and focus

What is Mindfulness?

What is Mindfulness?

- Present moment awareness without judgment.
- State of observing one's thoughts and feelings without describing them as good or bad.
- Choosing to Live in the Now!



General Benefits of Mindfulness



What is Mindful Movement?

Includes any thing that moves the body in a way that connects the brain, body and the breath

Movements can be done manually by caregiver/OT/PT or can be done individually as our child gets older

These movements are accessible and include yoga, tai chi, qigong, or other somatic movements.

Mindful Movement

Combining Movement and Literacy while reading makes it fun and engaging for all ages.

Here are some poses tied to our favorite books about the Ocean including: Mr. Seahorse by Eric Carle, Rainbow Fish by Marcus Pfister and Swimmy by Leo Lionni.

To Do: Good for all ages – Can be done sitting, standing or lying down! Repeat each Pose 4 times and Don't forget to Breathe!



Crab Crawl



Starfish Pose



Seaweed Pose



Seashell Pose



Swimming Pose

Poses created by Gavin Noto
Article Written by Larissa Noto

For More Book Ideas, visit: [What'sOcean Picture Books for Preschoolers \(pre-kpages.com\)](http://What'sOceanPictureBooksforPreschoolers(pre-kpages.com))

For More Movement Opportunities visit: [The Lovely Little Lotus Yoga on YouTube](http://TheLovelyLittleLotusYogaonYouTube) for FREE Kids Movement from Birth to 3!

What is Mindful Play?

ANY play that taps into our 5+ senses, encourages exploration, investigation, discovery, creativity and invention.

Includes caregiver/child classes that incorporate expressive arts – music, art, movement, etc.

Incorporates sensory integration with finger puppet play, sound boxes, block play, ball play – all done in an accessible manner

PLAY IS OFTEN TALKED
ABOUT AS IF IT WERE
A RELIEF FROM SERIOUS LEARNING.
BUT FOR CHILDREN PLAY
IS SERIOUS LEARNING. PLAY IS REALLY
**THE WORK
OF CHILDHOOD.
-FRED ROGERS**



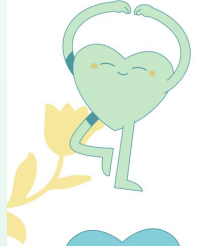
What is the Impact of Storytime on Children who are Deaf/HH?



- Interactive Experience between Caregiver/Child
- Builds Connection Through Repetition
- Increases Vocabulary through Word Recognition and Visuals
- Can Combine ASL and Reading Direct Text
- Provides a foundation for inclusion, diversity and opens up the world to our children
- Increases literacy rate for Children who are Deaf/HH.

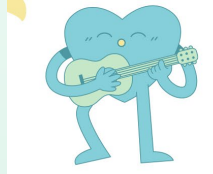


BENEFITS OF MINDFUL PLAY



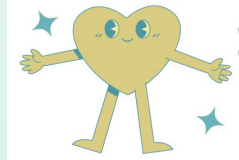
PHYSICAL BENEFITS

Mindful Play improves flexibility, strength, and balance; helps develop fine and gross motor skills; promotes confidence & strength.



ENCOURAGES SOCIAL DEVELOPMENT

Mindful Play encourages cooperation, socialization, bonding, collaboration, rule formation, and conflict resolution.



INCREASED ENERGY

Mindful Play can invigorate the body, improve circulation, and increase energy levels.



IMPROVED MENTAL HEALTH

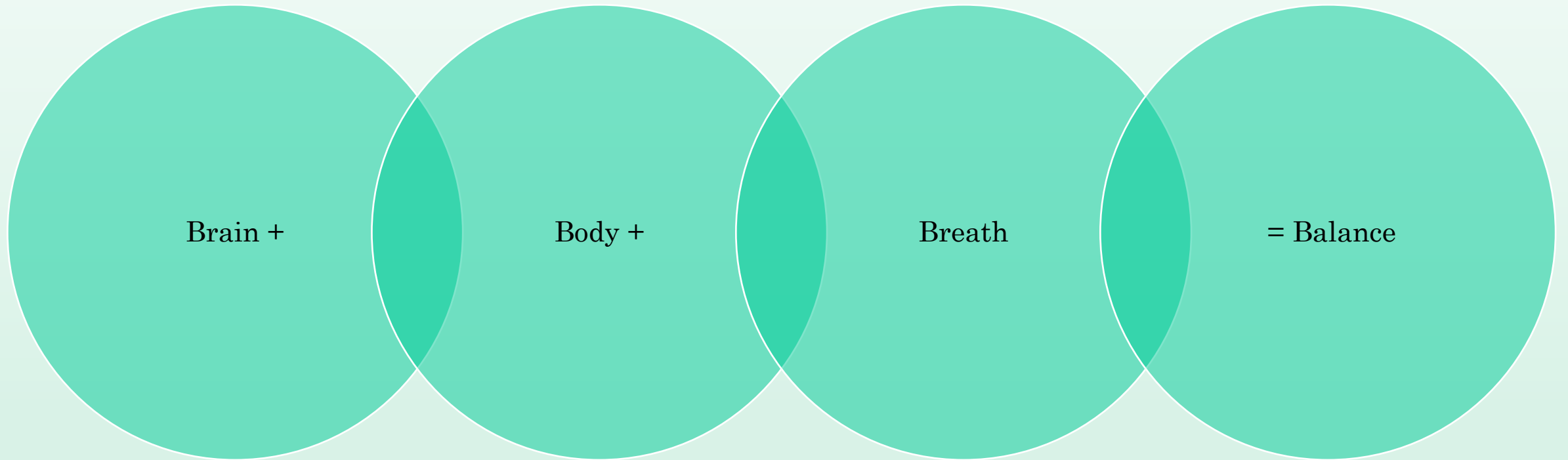
Mindful Play can boost mood; decrease stress; increase emotional resilience; encourage self-regulation, self-confidence and impulse control; develop joy and create empathy.



COGNITIVE DEVELOPMENT

Helps develop language skills and acquisition; improves literacy skills; invokes research, inquiry, scientific, & mathematical skills; encourages independent thinking.

When combined together, Mindful Movement, Play and Storytime
create the 4 B's



Practice #1: Animals



- Move: Bear Squeeze, Bear Rocks, Frog Jumping, Duck Clap (open/close palms)
- Play: Color Exploration, Color Me Scavenger Hunt
- Read: Brown Bear, Brown Bear, What Do You See? by Eric Carle
- ASL Signs: Bear, Duck, Bird
- Applies to: Birth – 5 Years Old

Practice #2: Seasons



- Move: Snowflakes Falling, Jumping In the Snow, Snow Angels, Feet Moving Here/There, Criss Cross Throwing Snowball Toss
- Play: Mindful Scavenger Hunt, Mindful Walking, Snowball SQUEEZE!, Listening Jar, Snowball Bounce
- Read: The Snowy Day by Ezra Jack Keats
- ASL Signs: Hat, Gloves/Mittens, Snowman,
- Applies to: Birth – 5 Years Old

Practice #3: Body



- Move: Head, Shoulders, Knees and Toes, Spread Through Fingers and Toes and then Wiggle Your Nose, In Out Up Down Above Below and All Around
- Play: Hokey Pokey; Mirror Play, Clap, Clap, Clap – now you do it Back, Back, Back & Drum Tapping
- Read: I Love You Through and Through by Bernadette Rosetti-Shustak
- ASL Signs: I love you, We love you
- Applies to: Birth – 5 Years Old

Practice #4: Routines



- Move: Shimmy Shake Apple Cake, Brush your Teeth Cha-Cha,
- Play: Meal Time Motivators (Airplane – aaaa! Boat (Ruh-Puh-Puh), Train (Choo-Choo) Mindful Sounds around the kitchen (Kitchen Sink (SHHH waters on), BRR ice-cream cold, OWW summer hot)
- Read: Eating the Alphabet by Lois Ehlert
- ASL Signs: More, All Done, Milk
- Applies to: Birth – 5 Years Old

Mindful Tools To Use During Movement, Play, and Storytime

Tools to Encourage Mindful Play

- Objects – Used to Create Sound Boxes include Found Objects in Nature, Finger puppets, Sock Puppets, Stuffed Animals, Little People by Fisher Price
- Scarves, Tissues (see the picture!), Cotton Balls, Straws, Cereal Boxes, Toilet Paper Rolls
- Balls – Soft, Textured, with Tags of varied sizes
- Sounds – Singing Bowl, Tuning Fork, Rain Stick, Baby Jars of Objects and Shake Them About
- Books – from library, thrift stores, ask for books as gifts



Mindful Closing

May I know that I cannot pour from an empty cup – my health, feelings, and well-being matter.

May I remember to treat myself with care, kindness, and compassion so that I can care for my child.

May I remember that I don't have to do ALL the things.

May I know I am already enough.

May I continue to give myself grace.

-- Your Role is Vital!



If you'd like to learn more:

Email: thelovelylittlelotus@gmail.com

World Wide Web: www.thelovelylittlelotus.com

Instagram: [@thelovelylittlelotus](https://www.instagram.com/thelovelylittlelotus)

YouTube: [731 The Lovely Little Lotus Yoga - YouTube](https://www.youtube.com/watch?v=731)

LARISSA NOTO

Owner

(610) 442-3529

www.thelovelylittlelotus.com

thelovelylittlelotus@gmail.com

IG: @thelovelylittlelotus

@kids.yogastorytime

FB: Larissa Noto

YouTube: The Lovely Little Lotus

