

## Teacher Training Workshop-July 2017 Brain Gym & Occupational Therapy

*Put the fun in the functional*

Brain Gym & Occupational Therapy seemed a fun way to get back into the school mode after a long summer break.

Our facilitators for the day were Noor Us Seher and Sheeba Praveen, occupational therapists themselves who love the work they do with the children.

Starting with knowing our senses we were made aware of two other systems at work in our body-

Vestibular system (body balance)-standing on one leg with eyes open and then again with eyes closed.

Proprioceptive system (Joint position)-touching different body parts without looking.



This followed a fun activity of balancing balls on a parachute.

Volunteers held the stretched parachute with balls in it. They were then asked to move it up & down ensuring none of the balls fall down. One by one the volunteers were asked to move out continuing the task with the rest. It was an interesting way of understand **Sensory Integration**.



We went on to discuss the ways of identifying children with limitation in the classrooms, keeping in mind age appropriate behavior and frequency.

Then various kinds of therapatti, slime, sooji and stretch band were given to us to play with and

recognize our response to different materials. This indicated varying degree of each ones **Adaptive process**.

This brought us to the various strategies we could use in class for the children.

The facilitators demonstrated a variety of exercises with the therapatti, which even we enjoyed.

In addition to this were a few brain gym exercises, which could be used in class for a quick energizer.



Overall the session was informative though it could have been more useful if it would have focused on strategies and practical solutions in a classroom scenario.