



## Nourishing Sensory Integration through Movement Set Your Intentions

To provide or enhance sensory integration experiences through large motor activities in your program:

🌻 what is one change you imagine being able to make: within yourself, and what is (at least) your first step to make this a reality?

🌻 what is one change you imagine being able to make within the physical environment, and what is (at least) your first step to make this a reality?

🌻 what is one thing you imagine being able to do as an advocate for the children's basic needs, and what is (at least) your first step to make this a reality?



## Creative Movement

### Shake, Shake, Shake!

By, Raven Howell

I can jump like a frog  
I can stretch like a cat  
I can hop like a rabbit  
I can flap like a bat  
I can wiggle like a worm  
I can slither like a snake  
I can pretend I'm a wet dog and  
Shake, shake, shake!

### Reach for the Sky

Clap your hands  
Touch your toes  
Turn around  
Put your finger on your nose  
Flap your arms  
Jump up high  
Wiggle your fingers  
And reach for the sky