

ACTIVE IMAGINATION

50 SENSORIMOTOR
ACTIVITIES

ACTIVITY
BOOK



TO IMPROVE
FOCUS,
ATTENTION,
STRENGTH, &
COORDINATION

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Kelly Tilley

Active Imagination Activity Book: 50 Sensorimotor Activities for Children
to Improve Focus, Attention, Strength, and Coordination



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The activities themselves require little if any devices and the duration of activities can be easily adapted as the child's skills advance. Childhood is a time filled up with new motor difficulties and all kinds of hurdles; The activities pictured in this reserve provide fun, easy, and imaginative exercises to build your child's skills that are necessary for meeting the problems of everyday life at home, school, and out locally. Whether your child/client can reap the benefits of movement activities which are calming, energizing, strengthening, or simply from getting exercise generally, you will find this book to be a helpful resource at home, college, or in a therapeutic setting up. The large clear images and concise descriptions are specially helpful for children who have difficulties with vocabulary, cognition, or attention. Kids are busy understanding how to tie their shoes, zipper their jackets, trip a bike, negotiate the playground, and write their names. All of these skills require kids to have strength, coordination, and the ability to concentrate and attend. Active Imagination Activity Book" tap into what kids love greatest - PLAY.



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This book is intended for use with children and adults who need help with attention, calming down and energizing but I could see that it will also provide a large amount of benefit for people with poor co-ordination and/or low muscle tone - two things which affect many people on the autism spectrum. Good top quality item with flipchart styling. Tilley does a nice work of explaining the basics of sensory tools without getting technical and children will love the colorful illustrations. Great item to have in my ASD mama toolbelt. Awesome product! I purchased this for a project we are doing at work for early interventions with troubled children. Very useful. In fact, these pages are so shiny and bright that they "leap out at you". You're not limited to carrying out the activities at home. Practical, innovative ideas to add to therapy sessions. Activities could be quickly modified and keep the kids engaged and active. 50 Fun Ways to get Energized, Calm and Strong Book Review: Active Creativity Activity Book Just if you have think you have find out about, seen or used every sensorimotor activity on the planet, along comes a gem that fills a niche. Energizing Upper-Body Strengthening Core-Body Strengthening Calming It's all quite subtle and I missed it all initially assuming that it was portion of the page design but it's an extremely useful set of criteria. As an extra bonus, this book is small more than enough to fit in a large purse or in a tote handbag, so a parent can make reference to it while on trips. You won't become an occupational therapist simply by using this book but you'll learn lots of fun and simple ways to achieve many of the same things that occupational therapists work toward. Nicer in person We are using this within a sensory diet plan for our boy with SPD and regressive ASD. The book itself is spiral bound and create so that it can be folded to "self-screen". This is a really useful feature for this type of reserve. Better still, the pages are all plasticised which not merely provides better protection but also keeps them shiny and shiny. Everyone over the building is using it. I can envision the school occupational therapist teaching a couple of movements each week to the entire class so the teacher can bring them over in to the classroom to advantage both college students with or without sensorimotor issues. Page Layout Each web page has coloured tabs in the bottom which let you know which of the four categories a given exercise belongs to. Usually they belong to several; Speech Therapy and Occupational Therapy. You will want to use particular types of exercises together with your kid at different times throughout the day. However, I am a parent of 5 and 7 year old women and both of them would take pleasure in the actions listed in this reserve. If a task is "complicated", after that multiple postures are shown. The activities are all described in a few simple sentences which means that even the kids can self-pace themselves through activities. However, younger children can perform the activities aswell, depending upon their level of skill and comprehension. The actions sensibly avoid any main equipment requirements and when you've got living area, little bean luggage (or another thing, like tennis balls or balloons), then you've really got what you should do the majority of the activities. In Short This can be an very well thought-out, very well laid-away book which contains 50 very relevant and easy (and did I say fun!) exercises for children and adults. If you are an occupational therapist - there's absolutely no excuse never to have this book - it truly is that good. If you are the parent of a kid with special requirements, or if you're an adult with sensory or muscular difficulties, then this is the best way to handle them at home. The activities are based on play and active creativity (hence the title) in order that small children will be quickly engaged. For myself, I'm going to be taking that one off to Joey and Cub Scouts. An Essential Reference for parents with Kids with Sensory Issues, Low Muscle Tone, ADHD or Autism There are all kinds of different therapies for kids about the autism spectrum however in my opinion, two stick out head and shoulders that beats all others; Active Imagination Activity publication by occupational therapist Kelly Tilley is easy to follow and use, small, light and

compact to squeeze in the therapists travel bag and a helpful device for home programs. The thin plastic web pages and cardboard jacket made to fold into an easel format make turning webpages, reading and viewing images convenient. That is a spiral-bound publication which "stacks up" to make it easy to read and appearance at the illustrations of the activities. Easy to stick to and understand. However, although the pictures are a definite plus, there are one are two that are confusing. Does the child holding the praying mantis placement (page 12) possess his knee on or off the bottom and the child who is said to be lifting a beanbag with both ft (page 45) looks like he's using one foot. This is occupational therapy at its greatest! Tilley categorizes each activity while calming, strengthening, energizing or as fulfilling more than one area. Each page is certainly color coded to point the primary purpose of the exercise. For instance, the Dolphin Dive on page 4 works on upper-body strengthening (green), primary strengthening (orange) and is calming (blue). In addition, the quick reference chart at the back of the publication lists the corresponding areas that are tackled in each activity. Right now for the crux of this book- the activities! I love the reality that they require no equipment other than items such as a ball or rope which are typically discovered around the school or home. Finally, if you're a teacher, especially a physical education teacher at a primary/elementary school or kindergarten or if you interact with groups of children in different ways and settings, then this book will come in very handy. The fantastic use of colour makes this a great book to use. Irrespective, of these possible small interpretation glitches, the experience ideas are fantastic. Barbara Smith, M.S., OTR/L, writer of The Recycling Occupational Therapist Great Activities, Convenient I've zero expertise on children with sensory disorders. There is also at least one or two extremely relevant illustrations on each page. Parents will find it easy to help their children perform the 50 sensorimotor exercises disguised as games. The activities are divided by type (Calming, Core Strengthening, Upper-Body Strengthening, and Energizing) and are designed for children between age range 9 and 12. The Activities The activities all have great names, like "The hot dog", "Cotton candy" and "daddy very long legs" and they're all quite achievable and look like a large amount of fun. Both of these are expensive and even with federal government support, it's unusual for parents in order to continue beyond a couple of terms at a time. Great ideas! Reviewed designed for Arms of a Sister blog



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