

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



Larissa Noto, JD, RYT-500, RCYT, RPYT, C-IAYT (exp. '23)
Owner – The Lovely Little Lotus
Advocate & Parent Mentor – Family Connections for Language and Learning

1

Who Am I?

- Mom to Tyson (11), Gavin (9), Logan (7)
- Former Lawyer, Turned Movement and Mindfulness Educator, 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



2

2

Why am I Here?



Meet Gavin



3

3

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*



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4

Let's Steer Our Child's Ship



5

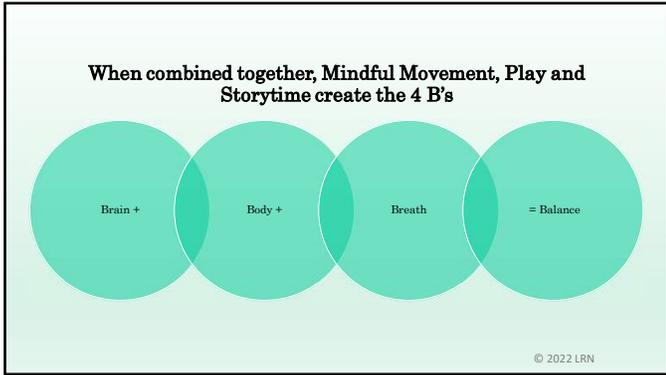
5

Grounding Practice

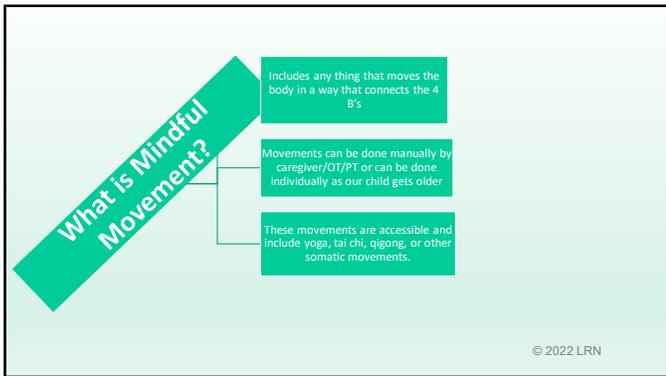
Used to calm, connect and focus

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6



10



11

Mindful Movement

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

Here are some great ones for our favorite books about the ocean including Mr. Seahorse by Eric Carle, Rainbow Fish by Marcus Pfister and Swimming by Len Goodman.

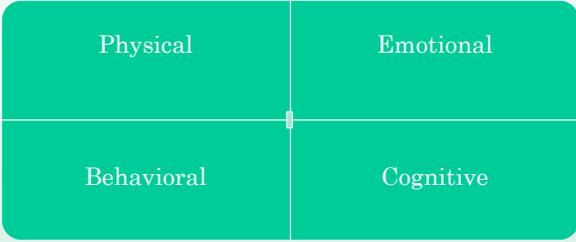
To Do: Good for all ages - Create your own using a variety of hand poses - include each Pose, a strike and chant for each to read!

Poses created by Gavin Noto
Article Written by Larissa Noto

For More Book Ideas, visit What's Open Picture Books for Preschoolers (www.kpages.com)
For More Movement Opportunities visit The Lovely Little Lotus Yoga on YouTube for FREE Kids Movement from Birds to 3!

12

What are the benefits of mindful movement for Deaf/HH Children?



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13

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

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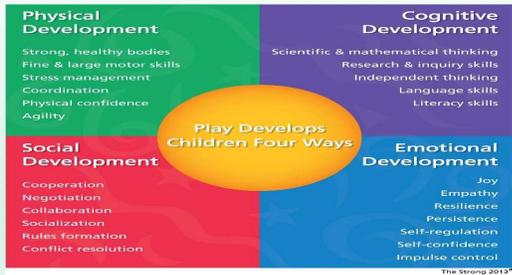
14

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

15

15

What are the benefits of mindful play for Deaf/HH Children?



16



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17

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.

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18

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

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19

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

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20

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

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21

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

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22

Mindful Tools To Use During Movement, Play, and Storytime

- 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!)
- 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



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23



If you'd like to learn more:

Email: thelovelylittlotus@gmail.com

World Wide Web: www.thelovelylittlotus.com

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

YouTube: [\(731\) The Lovely Little Lotus Yoga - YouTube](https://www.youtube.com/channel/UC731TheLovelyLittleLotusYoga)

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24

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!**

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25



QUESTIONS?

Feel free to email me with any additional questions, if you need additional resources, join my mailing list to get lots of freebies each month, or just to say hi:

Larissa at thelovelylittlelotus@gmail.com

26
