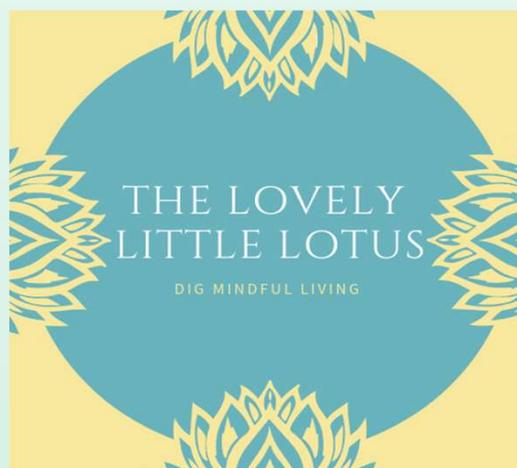


# Using Mindful Movement, Play and Storytime to Improve Outcomes for Deaf/HH Children



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

# 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



Why am I Here?



Meet Gavin



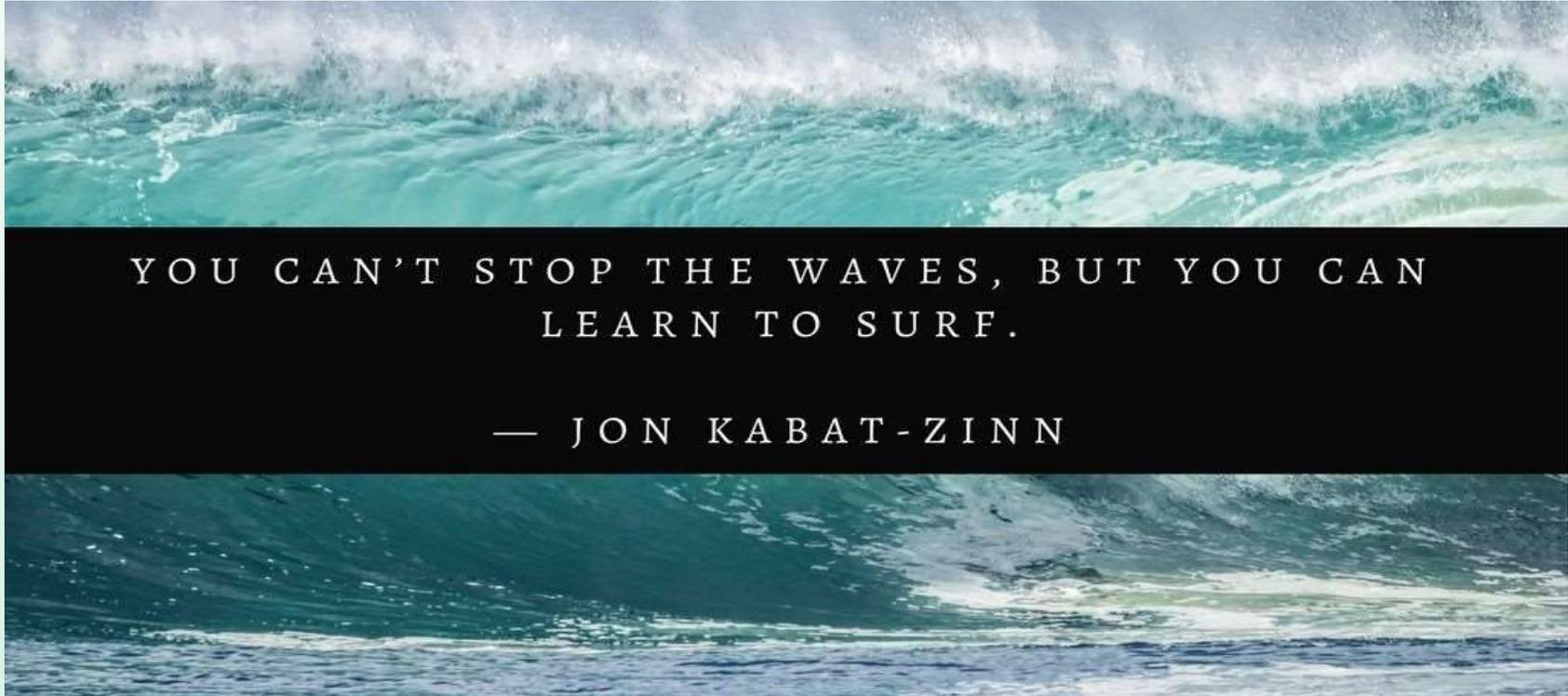
# Learning in Waves

“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

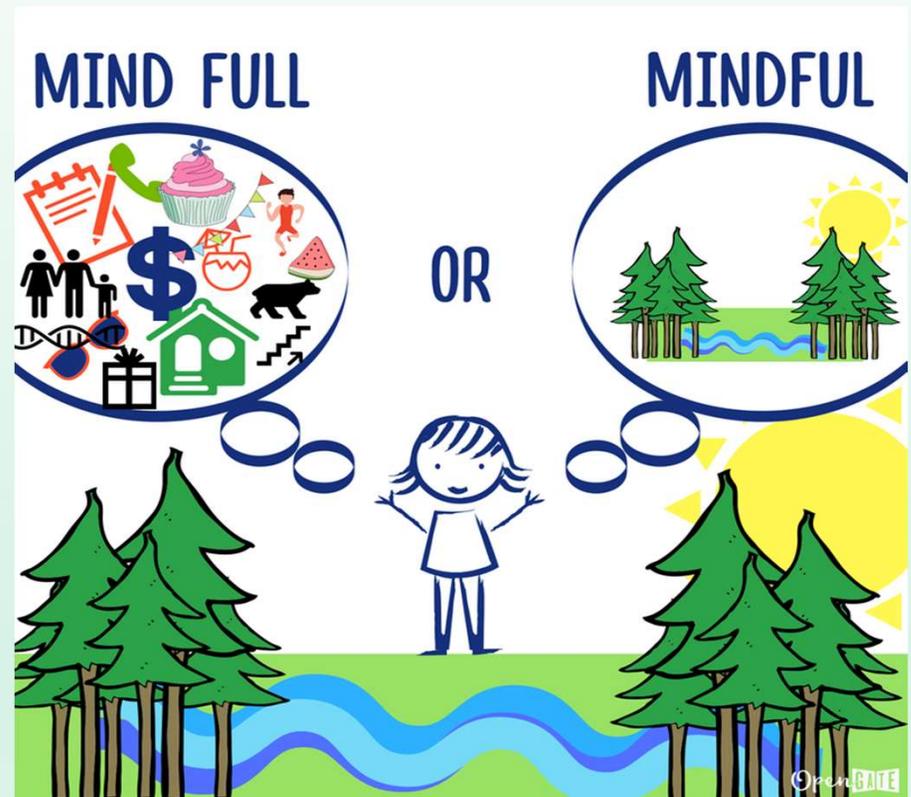


# Grounding Practice

Used to calm, connect and focus

# 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 and Movement



# What Does Mindfulness Have to do with Movement, Play and Storytime? What are the benefits for Deaf/HH children?

Teaches healthy ways to express and regulate emotions

Incorporates tools to decrease stress responses

Encourages focus, concentration, comprehension and memory

Helps with anxiety related to medical procedures

Creates connection with caregivers and helps navigate the world around them

Boosts confidence, enthusiasm and self-esteem

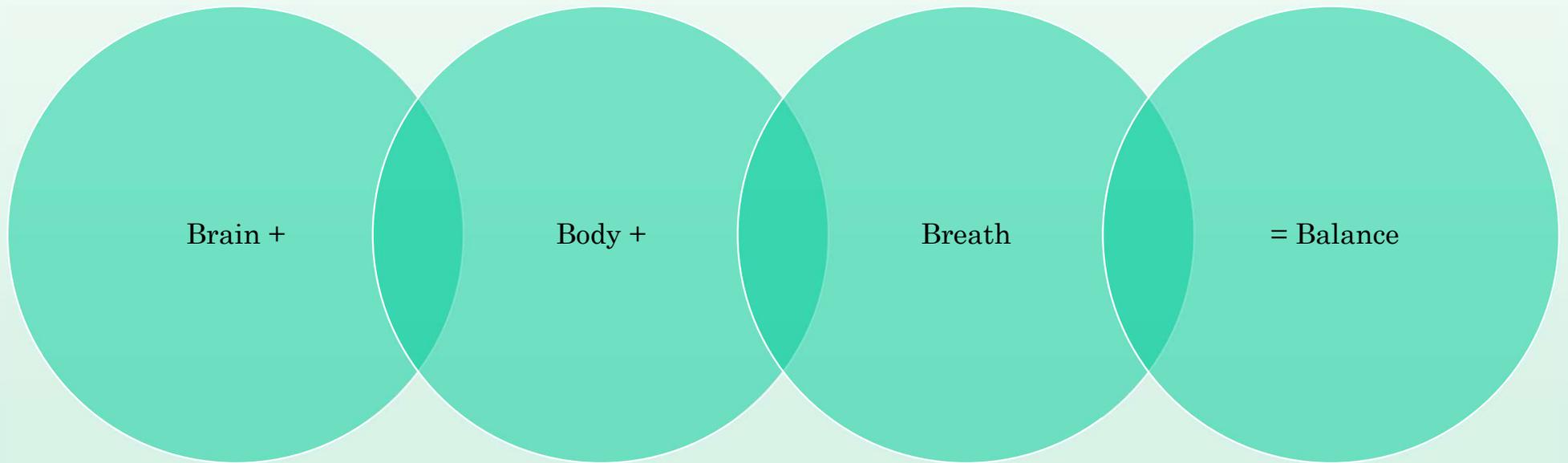
Associates movement, play, and reading with pleasure

Supports Social-Emotional Learning (SEL)

Builds vocabulary and increases background knowledge

Inspires imagination and creativity

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



# What is Mindful Movement?

Includes any thing that moves the body in a way that connects the 4 B's

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



Swimming Pose



Poses created by Gavin Noto

Article Written by Larissa Noto



Seaweed Pose

Seashell Pose



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

Physical

Emotional

Behavioral

Cognitive

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





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



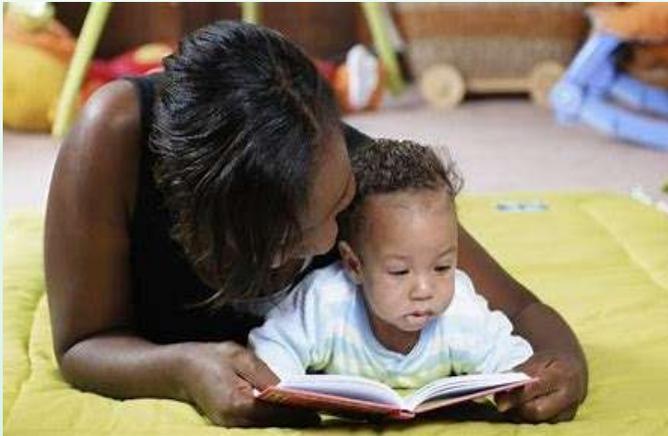
- Interactive Experience between Caregiver/Child
- Builds Connection Through Repetition
- Increases Vocabulary through Word Recognition and Visuals
- Can Combine ASL and Reading Direct Text
- Provides a foundation for inclusion, diversity and opens up the world to our children
- Increases literacy rate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

## Practice #1: Animals



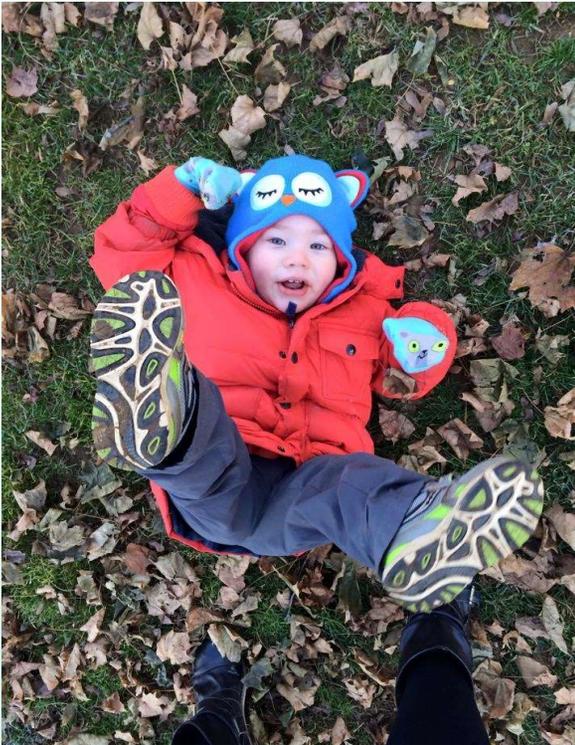
- Move: Bear Squeeze, Bear Rocks, Frog Jumping, Duck Clap (open/close palms)
- Play: Color Exploration, Color Me Scavenger Hunt
- Read: Brown Bear, Brown Bear, What Do You See? by Eric Carle
- ASL Signs: Bear, Duck, Bird
- Applies to: Birth – 5 Years Old

## 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

- 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





If you'd like to learn more:

Email: [thelovelylittlelotus@gmail.com](mailto:thelovelylittlelotus@gmail.com)

World Wide Web: [www.thelovelylittlelotus.com](http://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)

# 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!**



## 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](mailto:thelovelylittlelotus@gmail.com)