

**My O.T. Story**  
**Mrs. Kibelbek's Wiggle Worm Kit**  
*Lindsey Keys, OTS*



**Prologue: This is an idea that I brought over from the graduate project that I did this year called, On The Move for Success. It is all about allowing kids to have movement breaks to increase their attention, focus, and improve behaviors. I just decided I would add more items for this expo project. I know when I am sitting in class it is nice to sit on a yoga ball and have some movement while listening to my professors. So, I thought I would implement different seating options for Mrs. Kibelbek's class. I decided I would add three different seats and also implement fidgets to allow the students to hold and place in their lap, so they are not up and moving which tends to distract students at this age. This topic is so interesting to me because I love kids and I want to see them succeed, and I have been able to see the improvements that it gives to our kids and that just really sits in my heart.**

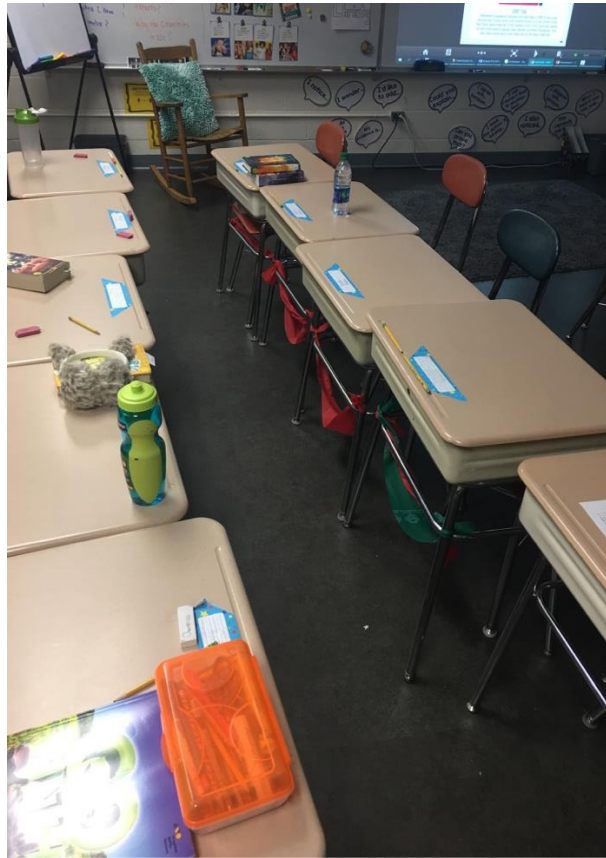
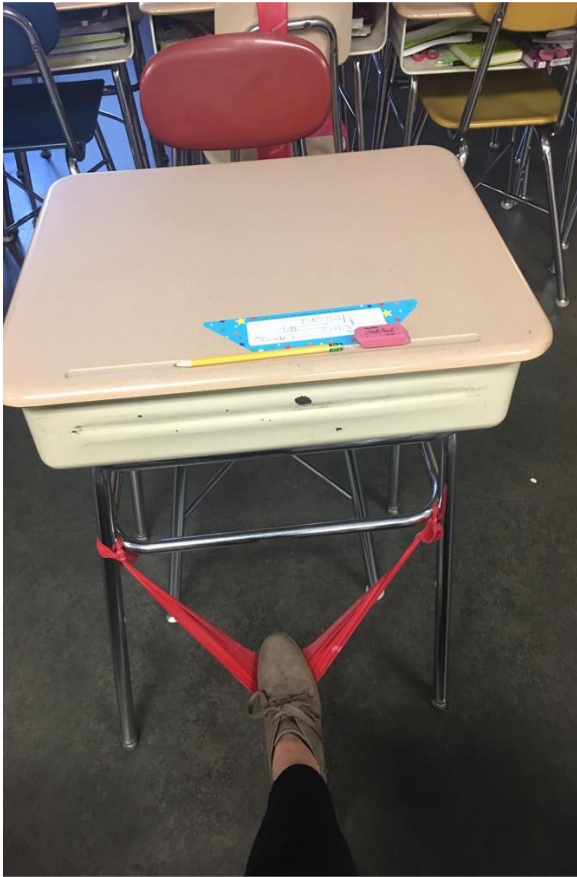
## **Chapter One - Getting Started: Introduction to Towne Acers Elementary**

*This whole process started with getting in contact with Mr. Armstrong. He is the resource teacher at Towne Acers Elementary. I sat down with him for about an hour to discuss potential students that I could help. We thought about it and MR. Armstrong had three students picked out for me to potentially work with. He took me around the school and I got to meet all three students and I also got acquainted with the principle, Dr. Simmons. After I met all the students he thought it would be more beneficial for me to go into Mrs. Kibelbek's room and see what I can do for the entire class to help her out. She has a very energetic class and they love to move. She also has a student diagnosed with Autism and one student with a diagnosis with some neurological things. Mr. Armstrong took me to her class and I was immediately introduced to her class of third grade students. They then left for their related arts and I decided to attend this with them as well, so I could watch select students. I also had the opportunity to talk to Mr. Jeffries the Physical Education teacher and ask some questions about the class and what would he think might benefit certain students since he gets to see how they interact with movement. After the related arts, they started on their A.R time, this is when I got to step out and talk with Mrs. Kibelbek and what she saw as needs for her class and what she struggles with. She mentioned that her class is very energetic, and she has issues with students getting up and walking around during lessons. I told her I would observe the rest of the day and we would discuss some ideas, as I was there though the last lesson which was math I saw that students fidget a lot in their seats and like to put feet in their seats. Also H. likes to get up and walk around a lot and not pay attention to the lesson.*

*At the end of the day I sat down and mentioned some different seating options for her students. I told her about the yoga balls and how it would allow them to bounce while paying attention to the lesson, also disc seas, thera bands on the bottom of the students chairs because I noticed that several students kick their feet and tap on the floor which can get a little loud at points, weighted lap pads, also implementing chair yoga and breathing exercises In between subject changes and after their GoNoodel breaks. With this first visit I told her I would come once a week either Monday mornings or Friday afternoons and we would communicate this through email.*

## **Chapter Two – Implementing Thera Bands**

For this part, I contacted Milligan College's Athletic Trainer's, Zac Allen and Burena Edens. I played softball at Milligan and was able to talk with them about donating some thera band material. They were so gracious and donated all of the thera band material I needed and also gave me different strengths of thera band. I want to thank them so much as this was a big donation that has been so beneficial to the classroom. The first day I went over the rules with Mrs. Kibelbek and what she also expected out of them from her class. Once the class came back from related arts we circled up on the carpet and I demonstrated what it was to be used for. I also gave them rules to follow. I made a rule sheet for Mrs. Kibelbek to have so she can hand to students in case they forget. After this I placed 7 thera bands on the students that she thought needed them the most this was just to see how the students would do and if they would follow the rules. I quickly observed that we would need to discuss the thera band rules again before I gave the rest of the class their thera bands.

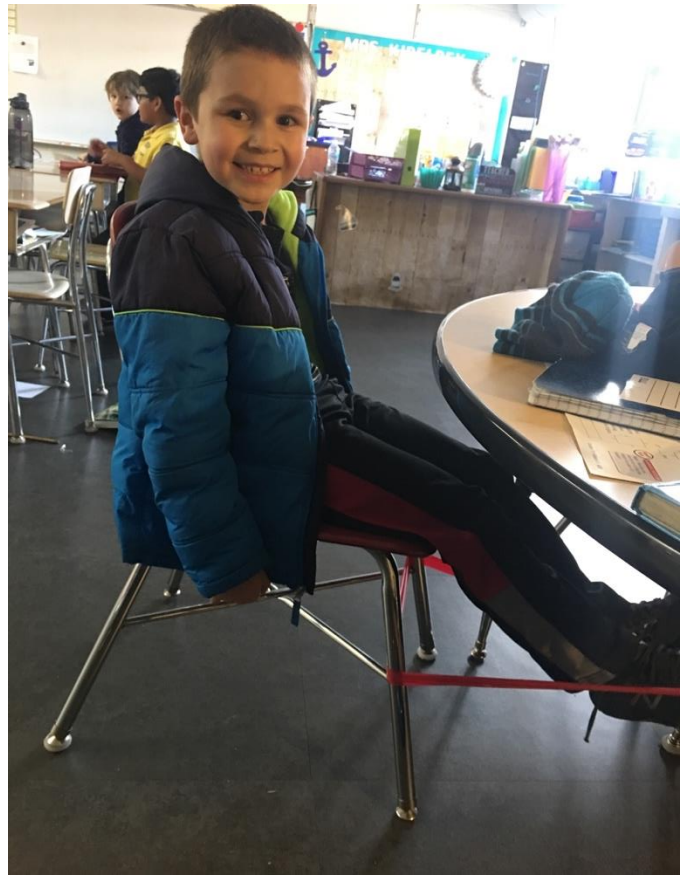


### **Chapter Three – PRESENTS for the whole class!!!**

This was such an exciting day and fun for the class. While they were gone to related arts, I placed thera bands on the rest of the student's desks with some getting stronger bands as they are stronger and need that type of band. We have red, green, blue, then black bands that were placed on the desks. When the students entered the classroom, it was so exciting and such a joy to see their faces light up because they finally had their bands. Before they used them though we gathered at the carpet and went over the rules again, but when going over them I had them tell me the rules instead of me telling them and talking to them. They were able to recall the rules. I also mentioned that if they were not using them correctly that Mrs. Kibelbek would take them and give them back to me.

Throughout the rest of my time there I had some students ask me to move their thera band to the bottom of their chair instead of on the desk. It was just easier for them to reach and they could use them more efficiently. At the end of the day several of the students came and gave me a hug and thanked me, this just made my heart melt to see them enjoy it and actually see it help them while in class. I did not see kids put their feet in their desks that day and the students that normally get up and walk around did not get up as much as they usually do.

At the end of the day I sat down with Mrs. Kibelbek and talked to her about the weighted lap pads that I thought we could introduce to the class the next week. I discussed what they are for and some things I would be adding to some of them that would allow the kids to have some fidgets. I let her know that by sewing the fidgets onto the lap pad they would not be able to disturb other students with it as it would be on their lap and out of sight. But I told her I would also have some lap pads that did not have any fidgets on them because sometimes they are too distracting, but the students still need something.



#### **Chapter Four – The Joy of a Lap Fidget**

*This was also an interesting week. We did the same routine, when the students got back from related arts they came to the carpet and circled up around me. We went over the rules of the thera bands again and then introduced the weighted lap pads. This was a topic of discussion for them. I passed around three for them to look at. They had some great questions and were so ready to use them. We discussed that the fidgets on the lap pads are not to be pulled because it will rip the fabric and the beans or rice in them would go all over the room and make a big mess, and they don't want to have to clean that up.*

*Mrs. Kibelbek was also instructed that they should not have the weighted lap pad for more than 30 minutes because then it loses its purpose and we won't see improvements. I also told her the weights that I have and that it is important that certain students get certain weights as they are supposed to be 10% of the student's weight. For the first day using them while I was there I got to see, Joel (4 lb.), Supreet (4.3 lb.), Ensiley (4.3 lb.), Henry (5 lb.), Erin (4.3 lb.), Madie (6 lb.), and Connor (5 lb.) use them. These seven students that used them today are the ones that fidget a lot with their hands and get up. Henry stayed in his seat longer with the lap pad on him, and actually completed his math lesson on the computer without any distractions. Madie was also more alert as it seemed to ground her more and give her that proprioception awareness that she truly needs.*

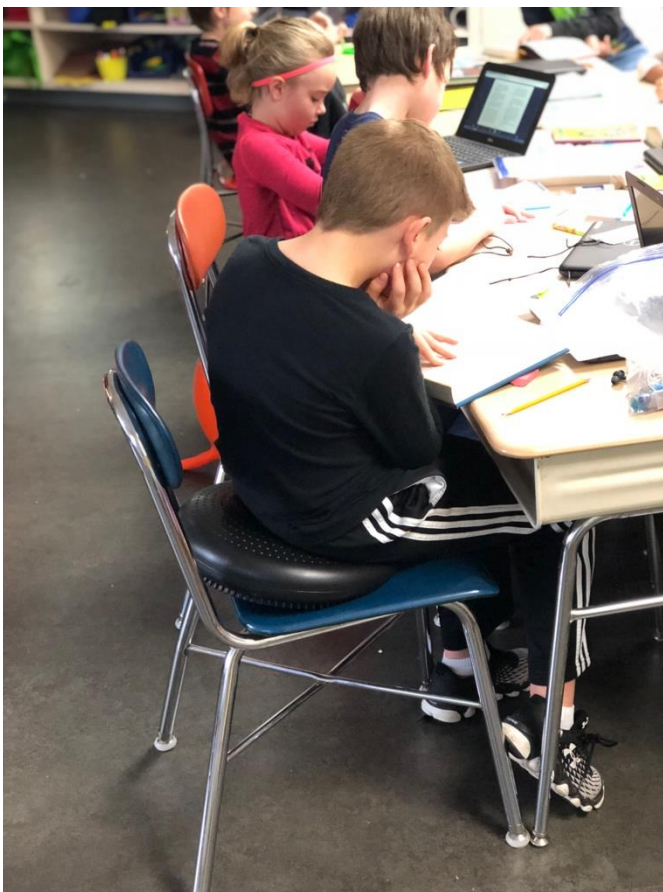


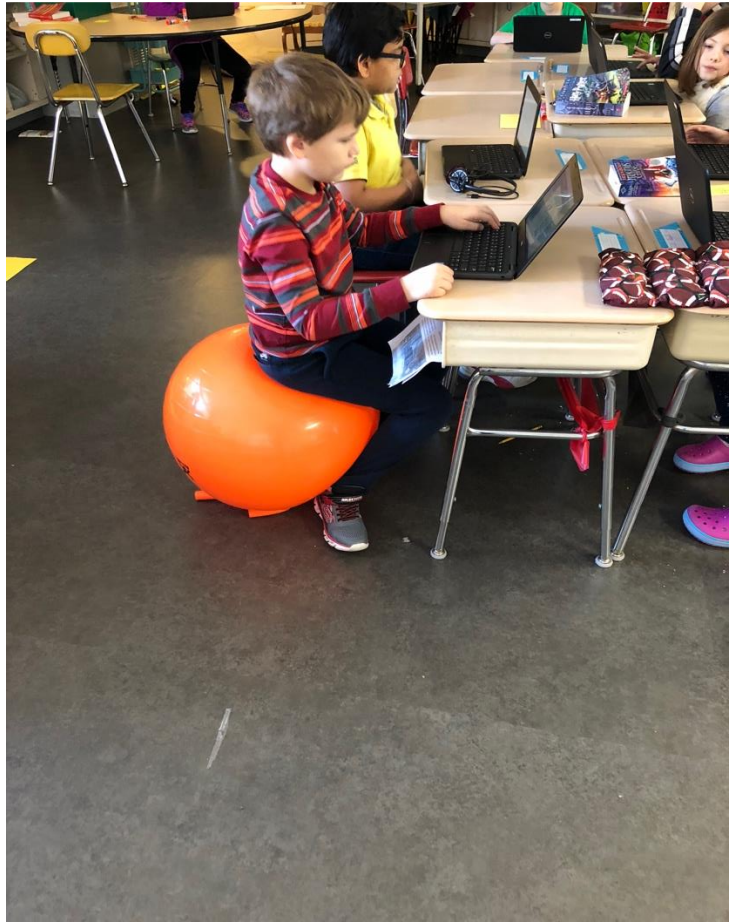
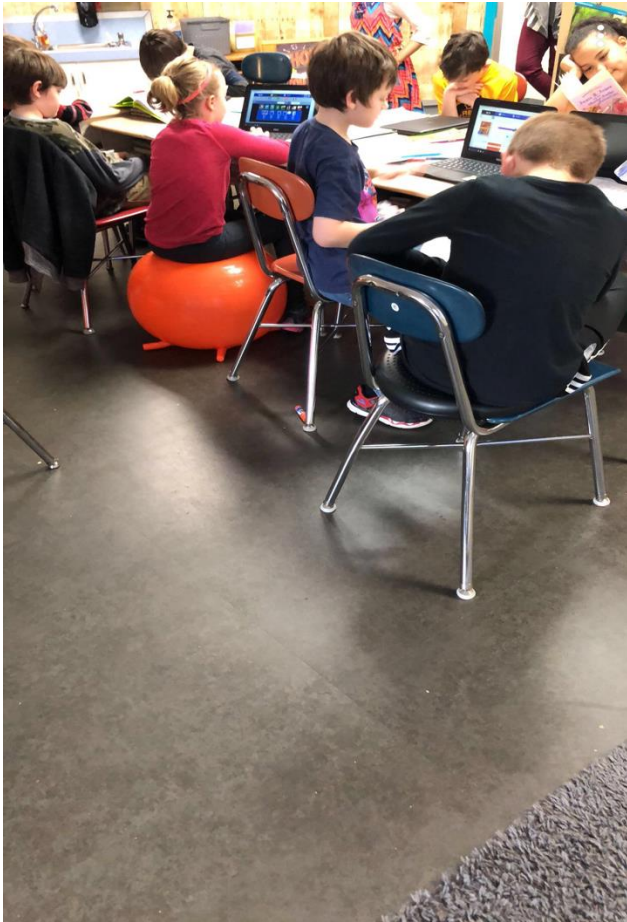
## Chapter Five- Who Wants a Different Seat?

*This is the day that I brought the two big items, the yoga balls and the seat discs. This was a big thing for the students and got them really pumped up and excited. Again, after related arts we meet at the carpet and discussed the rules of the thera bands and the weighted lap pads. They did great with the rules and have really proved to me that they really are listening and using these items correctly. Instead of me sitting on the yoga ball in front of the class I had Joel assist me. He is always talking to me and asking for help and asking to use the items, so I rewarded him with helping me teach the class the rules.*

*After the rules were discussed, Joel was instructed to take the yoga ball back to his desk and the other was given to Henry. I stayed by Henry most of this class session to remind him of the rules and really help him understand the use of it. It did well after about 15 minutes, so he was allowed more time to sit on the ball. But other students are instructed to use for 30 minutes at a time because it can lose its purpose and since I only have two for the class and we want others to be able to use it when they need it.*

*We did the same things for the seated discs but this time I had Connor help me demonstrate these. These are just 13" air-filled discs that the students can place on the seat of their chair. The air in them allows the students to wiggle in the seat with no noise. They can also choose what side they would like to sit on, the smooth side or the side that has bumps on them, this is just a preference in what they like to sit on. So, we had four students using different types of seats that allowed them to wiggle while listening to the lesson or doing a class assignment and they all attended to the task longer and did not distract the rest of the students*





### **Chapter Six- Lets Start to Calm Down and Relax!**

*Today we reviewed all of the rules for the items brought: thera bands, weighted lap pads, yoga balls, and disc seats. After we reviewed the rules the students did a GoNoodle break before they were to transition into their math lesson. Mrs. Kihelbek had mentioned that the students have a hard time getting settled in after a GoNoodle break. So, after we did this I introduced her to chair yoga. We did three poses, Eagles pose, Seated Tree pose, and lastly baby pose. The baby pose was more difficult to do but all the students were instructed to breath while doing this. As they mimicked my pose I counted out loud to three for them to breath in and three again to exhale. We did each pose twice before moving onto some breathing exercises. I decided that we would do some bee breathing for this day. I told them to breath in through their nose for 3 counts and I again counted out loud for them and instructed them to buzz like a bee on the 3 count out. We did these breathing exercises 3 times and on the last one I had them get softer with the buzz and sustain the exhale as long as they could. After this Mrs. Kibelcek did a great job in facilitating discussion about the chair yoga and breathing exercises and how they can use it on their own when they think they need a little calming down.*

*At the end of the day I went over more chair poses with Mrs. Kibelbek and will be giving her the On The Move For Success book that has all kinds of chair yoga and breathing exercises for her to continue to do with the class when she things they need to be calmed down or to give them just a little break*

### **Chapter Seven – Current Status**

*At this time I have completed this expo project on March 2, 2018.*

## **Chapter Eight – The Story Continues: What is still to come?**

*I hope that Mrs. Kibelbek will continue to use all the items made and bought for her in her classes to come. This will be something that will last and each year she can implement and add more items as she sees fit to. Also, the Book given to her can be used for any grade and she can make it more difficult or easier for the class if need be. I hope to continue to see improvement in attention, focus, and behaviors in her classes to come.*

## **Appendix A – Acknowledgements**

*Thank you to Milligan College Athletic Training for the donation of the thera bands.*

*Thank you, Mr. Armstrong, for taking time to get me set up with Mrs. Kibelbek.*

*Thank you, Mrs. Kibelbek and class, for allowing me to come in and try things with you all. I will miss you all greatly and it was such a joy to get know you all and help with your education.*

*Thank you, Coach Jeffries, for getting me in contact with Mr. Armstrong and talking to Dr. Simmons and the faculty about what I wanted to do and to help students.*

## **Appendix B – Contact Information**

*Lindsey Keys*

*Email- LMKeys @my.milligan.edu or keys.m.lindsey@gmail.com*

*Cell- 423-794-9810*

*You can get a copy of my movement book, On The Move For Success*

*Also, all the materials I used for Mrs. Kibelbek's classroom and what they were used for and what we saw while using these items.*



# Chair Yoga

There is a laminated handout in the folder. This will give you full instructions and yoga poses that can be done in the chair. This is a great activity to do just for a few minutes when transitioning in between subjects so the students will be alert and ready to go for the next subject. This would even be good to do halfway into a subject being taught.

# Chair Yoga Continued

## Forward Bend-

eases tension in upper back and neck.

## Rules-

1. Instruct students to sit near edge of chair.
2. Have them bend forward and try to touch their toes. ( this will ease tension in the upper back and neck).
3. Remind them to take deep breaths in and out as they are bending
4. Let arms hang over knees.
5. Relax in this position for a few seconds and keep breathing.
6. Have them breath in as they slowly come back up into the seated position.



## Leg Lifts

Strengthen legs and lower back, improve circulation to your legs and feet.

### Rules-

1. Sit and hold each side of the chair for balance.
2. Breathe out and breathe in as you lift your leg up and straighten out to hold it.
3. Hold for a few seconds .
4. Slowly breathe out while lowering your leg.
5. Repeat the same with your other leg.



**Kids Yoga Stories (2017) 40 Kid-Friendly Chair Yoga Poses. <http://www.kidsyogastories.com/chair-yoga-poses/>**

## Spinal Twist

Increases circulation and flexibility in the spine.

### Rules-

1. Sit facing forward.
2. Place your left hand on the outside of your right knee.
3. Place your right arm over the back of the chair.
4. Breathe in and breathe out as you twist to the right.
5. Turn head as you twist.
6. Push against the right knee to get as much of a stretch as you can.
7. Hold this position for a few seconds and take a couple deep breaths.
8. Release slowly and come back to facing forward.
9. Repeat this with the other side..



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## Cat Pose

release tension in the neck, shoulders, and lower back. Improves attention and focus.

### Rules

1. Sit at the edge of the chair.
2. Place feet flat on the ground.
3. Round your back and tuck your chin into your chest.
4. Hold for three breaths.
5. On the last breath slowly come back into a forward sitting position.



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## Eagle's Pose

### Rules-

1. Sit up tall in chair with feet on the floor.
2. Wrap your left leg around your right leg.
3. Bring your arms up and out in front of your face.
4. Wrap your right arm around your left.
5. Take 3 deep breaths in and out.
6. Switch sides and repeat above steps.



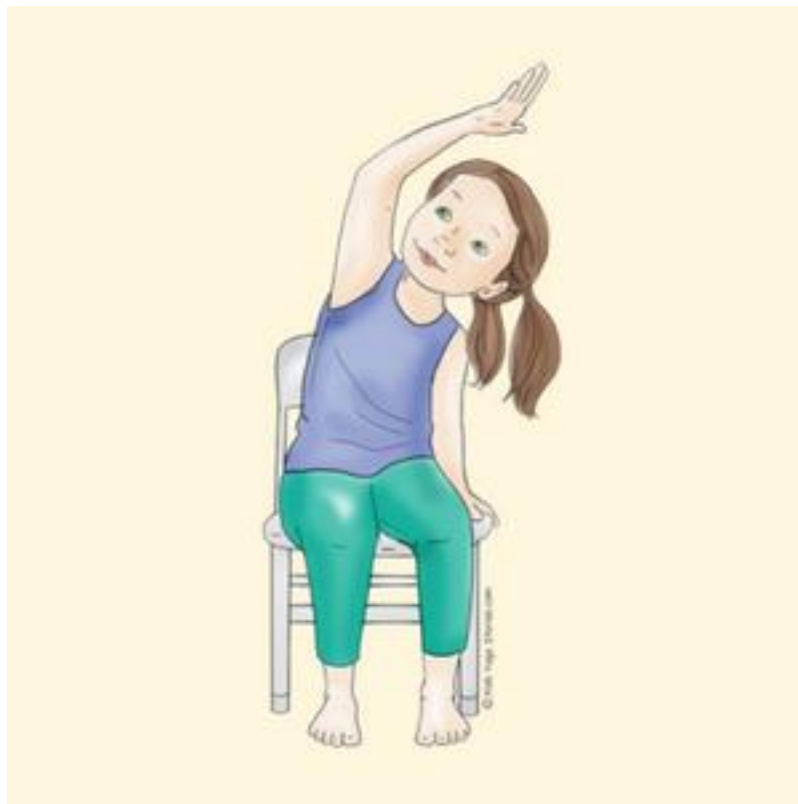
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## Side Bend-

improves flexibility, and releases tension and stiffness brought on by sitting for too long.

### Rules-

1. Sit tall in your chair with feet flat on the ground and hands on knees.
2. Take your left arm up to the sky.
3. Tilt your body to the right and place your right hand on your chair. ( this will help with balance)
4. Look up and feel the stretch on the left side of the body.
5. Hold for a a couple of breaths .
6. Slowly come back to sitting tall in your chair.
7. Repeat with the other side.



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## Happy Baby Pose

This improves circulation to the head, massages internal organs, and limbers your spine and hips.

### Rules

1. Sit at the back of your chair.
2. Shift to where you are balancing on you buttocks.
3. Lift legs up and hug your knees into your chest.
4. Then grab the outer part of your foot ( right foot in right hand and left foot in left hand).
5. If unable to do just have student sit crisscross applesauce in chair.



**Kids Yoga Stories (2017) 40 Kid-Friendly Chair Yoga Poses. <http://www.kidsyogastories.com/chair-yoga-poses/>**



## Sun Pose-

This improves circulation to the head, massages internal organs, and limbers your spine and hips.

### Rules

6. Sit back in the chair with legs apart and arms by your side.
7. Breathe out completely.
8. Breathe in and with a sweeping motion bring your arms up and over head.
9. Look up and stretch towards the sun (ceiling).
10. Breathe out while bending forward between your legs and if you can put your hands on the floor.
11. Slowly breathe in while raising back up with arms reaching up and over your head once again.



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# Breathing Techniques

**These breathing techniques are to be used at the end of the movement break. This allows for the students to take time and relax after all the excitement. It will also allow them to settle down and get focused for the next task.**

1. Normal Deep breathing ( smelling the flowers)
2. Dragon breathing
3. Bee breathing
4. Snake breathing
5. Elephant breathing

## Normal Deep Breathing (smell the flowers)

This is best done as the very last activity to calm them all the way down from all the exciting movement break.

### Rules

1. Have the students stand with feet shoulder width apart.
2. Have them inhale for 4 seconds as if they are smelling a flower.
3. Then exhale for 4 seconds.
4. Repeat 4 times.



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## Dragon Breathing

This is best done as the very last activity to calm them all the way down from all the exciting movement break.

### Rules

1. Have the students stand with feet shoulder width apart.
2. Have them inhale for 4 seconds.
3. Then exhale for 4 seconds. During the exhale have them stick out their tongues out and make a loud dragon sound while doing so.
4. Repeat 4 times.



# Bee Breathing

This is best done as the very last activity to calm them all the way down from all the exciting movement break.

## Rules

1. Have the students stand with feet shoulder width apart.
2. Place hand on the top of their heads.
3. Have them inhale for 4 seconds .
4. Then exhale for 4 seconds. During the exhale have them stick out their tongues out and make a bee sound (bzzzz).
5. Repeat 4 times.



## Snake Breathing

This is best done as the very last activity to calm them all the way down from all the exciting movement break.

### Rules

1. Have the students stand with feet shoulder width apart.
2. Have them inhale for 4 seconds
3. Then exhale for 4 seconds. During the exhale have them stick out their tongues out and make a snake sound ssss)
4. Repeat 4 times



## Elephant Breathing

This is best done as the very last activity to calm them all the way down from all the exciting movement break.

### Rules

1. Have the students stand with feet shoulder width apart.
2. Have them inhale for 4 seconds. During this have them bring their arm up as if it was an elephant trunk.
3. Then exhale for 4 seconds. During the exhale have them lower their arm (trunk) and make and elephant sounds during the exhale.
4. Repeat 4 times

