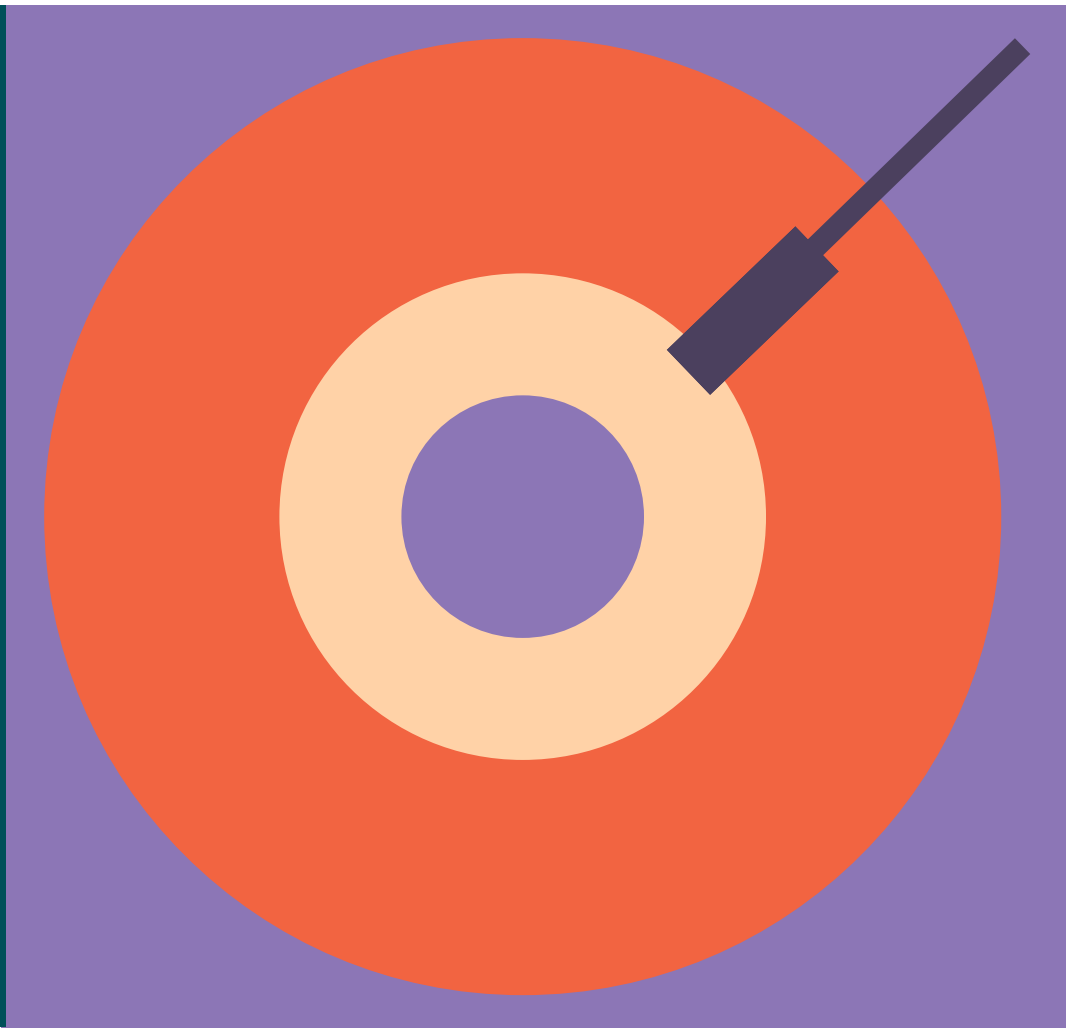
SPORT FOR CONFIDENCE



How to do:

MEANINGFUL MOVEMENT AT HOME

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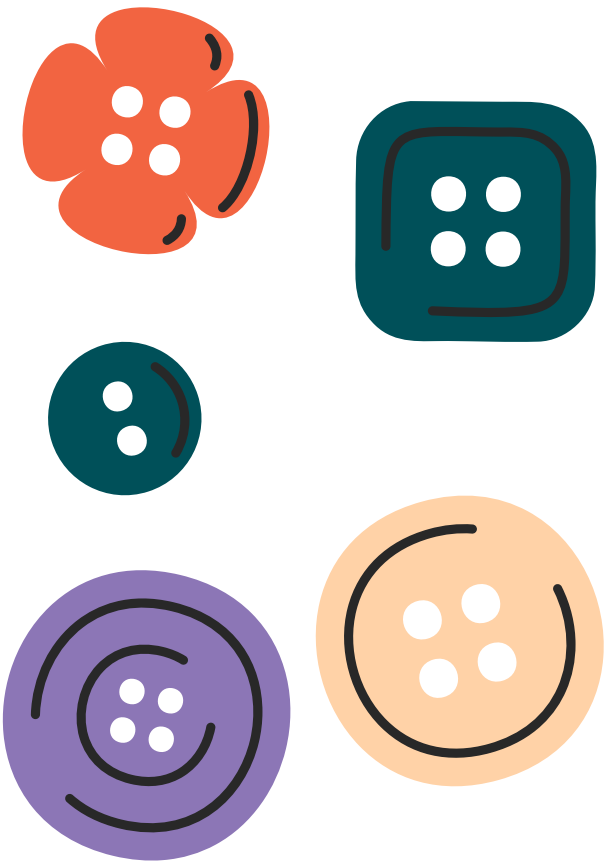

STRUCTURING MEANINGFUL MOVEMENT AT HOME

In the morning

- Choose a favourite song (or two) that you enjoy and that triggers positive memories (e.g., music you used to listen to, or a song from a happy time).
- While the music plays, do a few of the simpler coordination exercises (e.g., finger-and-thumb taps, alternate hand rotations) to wake up the hands and brain. These are great for fine motor skills and support dressing tasks (buttoning, zipping, reaching).
- After the movement, you might move straight into the dressing routine. Because you've engaged hands and coordination, the motor planning for dressing may feel more smooth.

Mid afternoons

- At a time when you are relatively relaxed (for example after tea, perhaps after a short walk if possible), you can pick a "reminiscence" song playlist: choose 2-3 songs from eras you enjoyed (perhaps early years, holidays, favourite concerts).
- Play the songs and invite a gentle movement session: maybe seated or supported standing, following one of the full video sessions from the YouTube playlist. This serves dual purpose: physical movement + emotional reminiscence.
- After the mini-session, you might plan a small functional task: e.g., sorting activity folding laundry, or preparing a simple snack. This bridges movement to meaningful activity.

Before meals

- For a short "mini-session" 5–10 minutes prior to lunch or dinner: select a different familiar song that you like to cue movement.
- Use the seated exercises involving bilateral asymmetry (e.g., one arm reaching, the other doing something different) That supports hand-eye coordination, bilateral function (important for tasks like cutting food, bringing spoon to mouth).
- After this, proceed to the meal. Then you can emphasise that "we've warmed up our hands and body, now let's eat". It links the exercise directly to the ADL of eating which helps reinforce the purpose.

Evening wind down

- Choose a quieter, slower tempo song. Use 5-7 minutes for slow seated movements: deep breathing, shoulder/neck gentle rotations, hand stretches. This helps prepare for rest, supports posture after a day of sitting or activity.

CREATING YOUR MUSIC PLAYLIST

1 GETTING STARTED

Find some time to sit and create a playlist that's personal to you.
6-10 songs is a great amount for this!

2 CHOOSING SONGS

When choosing your songs aim to have:

1. Two nostalgic favourites (from your earlier years)
2. Two songs that have personal significance (holiday, celebration, etc)
3. Two current favourites

3 USING THE PLAYLIST

Use these songs as your cues for each mini-session. This turns the exercise into something joyful, meaningful and shared rather than a chore.

4 WHEN YOU GET BORED

Finding the songs repetitive? ... its time to change it up!
Have another think through the song prompts in step 2 and see if you can find more songs that fit.

ONLINE LINKS FOR MEANINGFUL MOVEMENT

Online video sessions playlist:
scan the QR code to get to the webpage.
There are four seated exercise videos to have a look at to inspire your meaningful movement.

British Gymnastics Love to move booklet:
scan the code below to access the Love to move Booklet witch has examples of different exercises you may want to try.

OT tips and safety

01.

MAKE SURE YOUR CHAIR IS STABLE

Your chair should be able to take your weight and
not rock back and fourth. you should feel comfortable
in your seat

02.

WEAR COMFORTABLE CLOTHING

Wearing comfortable clothing during exercise is important because it allows free movement, helps regulate body temperature, and keeps you focused. This makes physical activity more enjoyable.

03.

MAKE SURE YOU HAVE WATER

Its important to keep hydrated when doing physical activity, make sure you have water breaks throughout.

04.

MAKE SURE YOURE SITTING WITH GOOD POSTURE

Sit tall, feet flat on the floor, knees at approximately right angels.

05.

START SMALL

Start small: even 5-10 minutes is beneficial. You might gradually increase the time or complexity.

03.

LINK MOVEMENT TO FUNCTION

after movement you do a real activity (dressing, meal, snack, folding laundry) so the movement purpose becomes clear and meaningful.

WHY WE DO IT?

THE IMPORTANCE OF MEANINGFUL MOVEMENT

Meaningful movement plays an important role in supporting occupational health and performance because it strengthens the physical skills needed for daily tasks, improves coordination, and helps prevent injury.

Practising fine motor and bilateral movements also supports cognitive function by stimulating both sides of the brain, improving focus, memory, and problem-solving.

Making movement enjoyable is equally important, as people are more likely to engage when activities are fun and motivating. Using reminiscence music can enhance this experience by boosting mood, creating familiarity, and encouraging people to participate more fully in movement-based activities.

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