



Rhythmic Movement Sensory Framework

Explore the diverse realms of movement through our Sensory Framework playlist, featuring curated videos organized into distinct categories for an enriching sensory experience.

Each video series in Rhythmic Movement is rated by movement and sound complexity.

Learn about the movement and sound levels here:

[Learn more](#)



VIDEO CATEGORIES

Time based

- 1 minute
- 2 minutes
- 3 minutes
- 5 minutes

Skill based

- Balance
- Crossing Midline
- Lateral Flexion
- Unilateral & Bilateral
- Upper & Lower Body
- Jumping
- Breathe & Calm

HIGHLY STRUCTURED APPROACH



Choose routines based on how much time you have or based on the skills you want to work on with your students. All routines are categorized according to Movement and Sound level complexity



Funny Kids

1 minute Ready for Work



Cute Animals

1 minute Ready for Work



Sports

1 minute Ready for Work



Funny Animals

1 minute Ready for Work



Animations 1

1 minute Ready for Work



Animals

1 minute Ready for Work



Animations 2

1 minute Ready for Work



NUTE

3 MINUTE

5 MINUTE

BALANCE

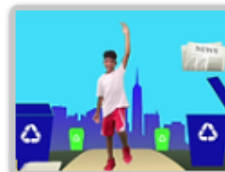
CROSSING MIDLINE

LATERAL FLEXION



M1S1 Balance

3 min



M2S3 Balance

4 min



M1S2 Balance

2 min



M2S4 Balance

4 min



M1S4 Balance

1 min



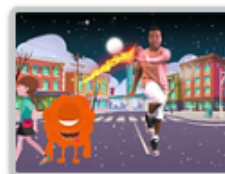
M3S1 Balance

7 min



M2S1 Balance

2 min



M3S2 Balance

10 min



M2S2 Balance

10 min



M3S3 Balance

3 min

MORE ROUTINES TO BE ADDED SOON