



# DEVELOPMENTAL FX

Therapy that fits.

***a not-for-profit corporation***

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## **Movement and Meditation ONLINE Resources** **From your Fragile X Team at DFX! *Tracy and Ruth***

We have enjoyed sharing with you a twice weekly gathering for Movement and Mindfulness.

We encourage you to keep this going, and in a video we have shared we talk through how to make some adjustments to ensure success.

Here are some resources that will support your efforts!

**MOVEMENT:** Free, internet resources for Movement Fun

Here we list a few internet channels/options and a few links for each one - there are many more within each channel, so have fun exploring!

1. [Learning Station](#)
  - a. [Move and Freeze](#)
  - b. [Ramm Samm Samm](#)
  
2. [Patty Shukla Kids TV](#)
  - a. [Simon Says](#)
  
3. [Jack Hartmann Kids Music Channel](#)
  - a. [Floss Dance](#)
  - b. [I can move like anything](#)
  
4. [Kiboomers](#)
  - a. [Freeze Dance](#)
  - b. [Dinosaur Stomp](#)

## **Dance:**

This one is so fun - he teaches you to do real choreography - and it is very gestalt!

1. [Music Express](#)
  - a. [Let it go](#)
  - b. [La Bamba](#)
  - c. [Don't Worry, Be Happy](#)

(not as good as David's dance sessions at past conferences, but you do get to feel like a real dancer!)

[Go Noodle](#) is really great, but not free.

## **Exercise:**

1. [Check out Fit 5 from Special Olympics!](#)

## **YOGA:**

1. Tracy's personal favorite is [Yoga with Adriene](#)
2. [Cosmic Kids Yoga is awesome for kids](#) (or when any of us feel like being a kid!)

**Mindfulness and Meditation:** Free, internet resources that match our community:

1. [Movelee](#) (so great!)
  - a. [Movelee calm](#)
2. The Whole Child - [Fablefy](#)
  - a. [Body Scan](#)
  - b. [Compassion](#)
  - c. [Loving Kindness](#)
3. [Mindful Minute](#)
4. [Go Zen Slow Breaths](#)
5. HEADSPACE is a really great resource - [here is the kids link](#).
6. Breathe, Think, Do **app** from Sesame Street - for android or apple

The **Me Moves program** is available online [here](#):

**Remember, make a visual schedule and keep it simple. Create a routine and you will enjoy this once you get used to it!**