

# Rhythmic Movement

## PURPOSE

Activities with consistent physical rhythms help with physical and emotional regulation.

## INSTRUCTIONS

Choose a rhythmic activity from the list below. As you do the activity, match your breathing to its rhythm. Walking is a natural rhythmic movement – for example, matching your breath to the pace of walking helps the body and mind work together to settle your emotional state.



Dance, swing, jump rope, stand and sway, or stretch – these can all be intentional rhythmic movements used to support regulation.



Play collaborative games with others involving music, a drumbeat, or clapping rhythms. Some examples are Patty Cake or Sevens (hand-clapping games), the Hokey Pokey, or Movement Chain (movement games).



Play simple rhythms while listening to music using a drum, the floor, your feet, hands, or any percussive instrument.



Hum or sing while doing simple movements.

For any of the activities above, you can also say or sing a short phrase to help maintain your rhythm.

For example:

“Breathing in, breathing out.”

“Stretch left, stretch right.”

“Breathing in openness,  
breathing out tension.”

“Breathe and jump, one;  
breathe and jump, two.”