

Indicators cross referenced page-to-page with Flexi-Bounce Therapy record sheets

Flexi-Bounce Therapy Exercises Grade 1 – Section A

HFI Notes

Exercise 1 – Sits facing adult in stillness

- 0 Refuses to sit still** - Even with support, student actively tries to resist facing carer and keeping still.
- 1 Will occasionally sit still and face carer** - When instructed by carer to sit still facing, will occasionally do so, but reluctantly and quickly looks away or moves;.
- 2 More willing to sit still** - Requires some persuading but is often willing to sit still and face carer when requested, and supported if necessary.
- 3 Usually sits still and faces carer when appropriate** - Will usually sit still and face carer when requested.
- 4 Can sit still and remain still facing carer** - With physical support if unable to sit unaided, student will face carer and remain in stillness as required.

Exercise 2 - Differentiates stillness and movement

- 0 No concept of stillness and movement** - Refuses or is unable to move or stop moving when asked.
- 1 Appears to show some understanding** - Will occasionally attempt to respond to requests to move or stop moving.
- 2 Shows clearer understanding and more willing to respond** - Responds more often and with more understanding to requests to move and stop.
- 3 Usually responds** - Responds more fully to requests to move and stop and shows some understanding and willingness to comply to requests to remain in stillness.
- 4 Fully understands and applies the concepts of stillness and movement** - On request, can initiate movement and maintain it until asked to stop. Can remain in stillness until asked to move again.

Exercise 3- Anticipates cause and effect

- 0 Appears to have no concept of the effect of actions by others** - Will not make any adjustments to shape or position or show any recognition of the likely effect when the carer moves or makes actions on the rebounder bed.
- 1 Appears to show some understanding** - Will occasionally respond to movements or actions.
- 2 Shows clearer understanding and more willing to respond** - Anticipates and responds more often and with more understanding of the likely effect of movements made by the carer.
- 3 Usually responds** - Responds more fully to movements and anticipated movements.
- 4 Fully understands the concept of cause and effect** - Can be observed in several situations to take appropriate action when movements and forces are about to be applied to or on the trampoline bed by the carer. One example might be tensing or leaning the body to ensure balance is maintained if the carer walks close to the student on the rebounder bed.

Exercise 4 - Waits patiently for turn

- 0 No attempt to wait patiently** - Refuses or has no understanding of the need to wait patiently while someone else is using the rebounder.
- 1 Will occasionally keep still with help of carer** - Mostly reluctant to wait and keep still but can be encouraged if carer pays close attention.
- 2 More able to wait and keep still** - Now more able to wait patiently and will sometimes do so when carer moves away.
- 3 Usually waits patiently** - Will usually wait patiently and quietly whilst someone else is on the rebounder, without attention from carer.
- 4 Waits patiently for turn** - Understands and complies with the need to wait patiently while someone else takes their turn on the rebounder.

Exercise 5 - Maintains eye contact when appropriate

- 0 Never makes eye contact** - Will actively look away and avoid eye contact at every opportunity
- 1 Will occasionally make eye contact** - When instructed by carer to make eye contact will occasionally do so, but reluctantly and quickly looks away
- 2 More willing to make eye contact** - Will usually make eye contact when instructed to do so, and will occasionally do so without instruction
- 3 Usually makes eye contact** - Will usually make eye contact at the appropriate time without instruction
- 4 Always makes eye contact when appropriate** - Is perfectly comfortable making eye contact with anyone when appropriate and will maintain that contact for the appropriate time