



Feel Good, Do Good:

*How Offering Physical Literacy Programs at Your Library
Can Change Your Community*

Jenn Carson, MSLIS, CYT, CCYT



JENN CARSON

"When people feel good in their own bodies, and they feel empowered, they want to share that with other people and they want other people to feel good. So when you feel good, you want to go out and do good in your community."

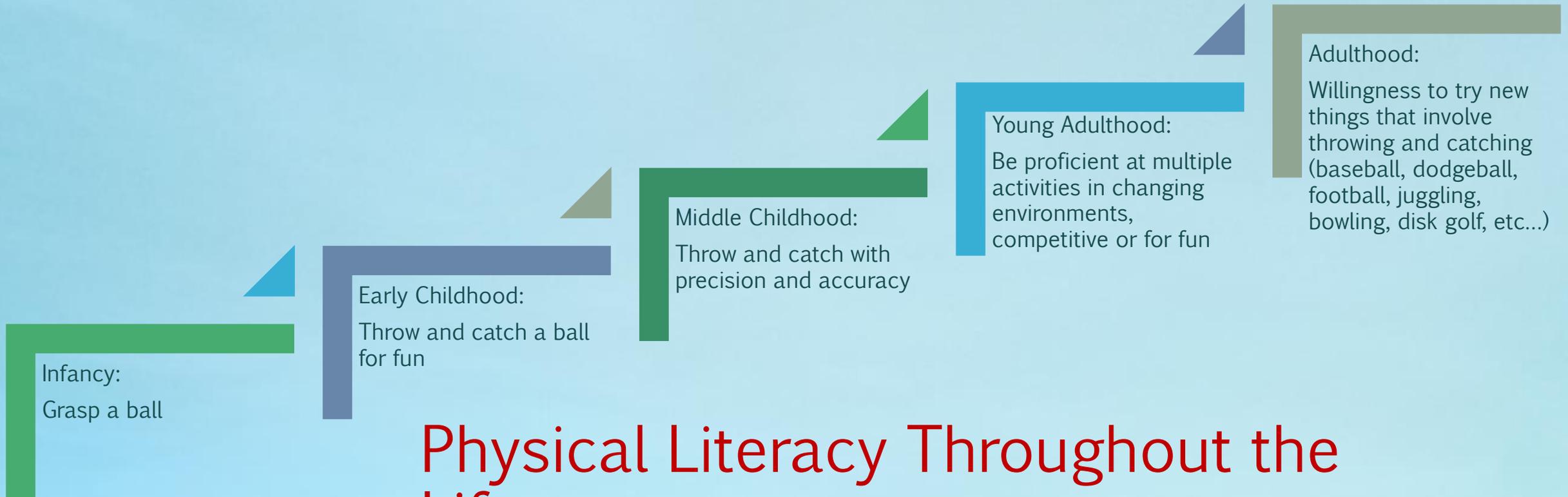
Who am I?
How did I get here?

Librarian, physical literacy researcher, author, yoga teacher, integrated positional therapist, Jiu jitsu coach, autism support worker, mom



What is PHYSICAL LITERACY?

Physical literacy is the motivation, ability, confidence and understanding to move the body throughout the lifecourse as *is appropriate to each person's capacity*. The development of fundamental movement skills that permit a person to move with confidence and control in a wide range of actions — such as throwing, skipping or balancing — and environments, like on snow, grass, water, in the air or on ice - also applies to people with disabilities or exceptionalities.



Physical Literacy Throughout the Lifecourse

PHYSICAL LITERACY components



Energy in Motion

You can't have an emotion without motion. Feel happy and smile; feel frustrated and tighten your muscles. Expressing emotions safely through movement gives us greater **compassion** for ourselves and **empathy** for others.



Interoception

We become more interoceptive when we are **aware** of our body's internal processes, such as breathing, heart rate, hunger and sleep cues, and act on them as needed.



Proprioception

Awareness of how our body moves in time and space helps us navigate changing environments and improves our spatial abilities.



Temporal Awareness

We develop timing by moving through life's daily rhythms, developing body awareness, and learning to predict outcomes. This leads to the ability to analyze environmental data and **make predictions**.



Balance

The vestibular system helps us sit still and controls our posture and balance. We often fidget *because* they are trying to concentrate. **Vestibular maturity** (balance, stillness, orientation, concentration) is learned through movement.



Taking Risks

By gently pushing boundaries we wire our brains to **feel more comfortable with uncertainty**. This gives us the courage to try new things, the perseverance to keep going when it gets hard, and the confidence to make decisions, modify choices, and adapt in order to reach goals.

PHYSICAL LITERACY

LEARNING BODY-BASED SKILLS IN CHILDHOOD CONTRIBUTES TO WHOLE-PERSON LITERACY THROUGHOUT THE LIFECOURSE.



By pushing physical boundaries, taking risks, and finding their edge, children wire their brains to **feel more comfortable with uncertainty**. This gives them the courage, as adults, to try new things, the perseverance to try again when it gets hard, and the confidence to make decisions, modify choices, and adapt in order to reach goals.

www.yogainthelibrary.com
www.programminglibrarian.org
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Three of the most important skills for school-readiness (and work-readiness in adults) are the ability to **sit still, stay focused, and pay attention**. The vestibular system controls these, as well as posture and balance. Kids (and adults) usually fidget because they are trying to concentrate. Vestibular maturity (balance, stillness, orientation, concentration) is learned through movement.

Movement-based play helps children to develop spatial abilities, strength management, and **body awareness** (proprioception). This helps with everything from handwriting to playing sports, and not falling out of bed when we sleep!

Children develop **temporal awareness** (understanding timing) by moving through life's daily rhythms, developing body awareness, and learning to predict outcomes (what happens to the ball when I roll it?). This leads to the ability to analyze environmental data and make predictions in adulthood.

The power to use your body to complete tasks begins in early childhood, when **muscles develop as they are needed** in response to movement. Strength, stamina, flexibility, and agility are all acquired through active play.

It's never too late to hone your physical literacy

As a child improves their ability to move their body, their language and communication skills develop. Facial expressions, hand gestures, sound, and emotions make **communicating a whole-body process**. The more body-awareness you have, the better you can express yourself.

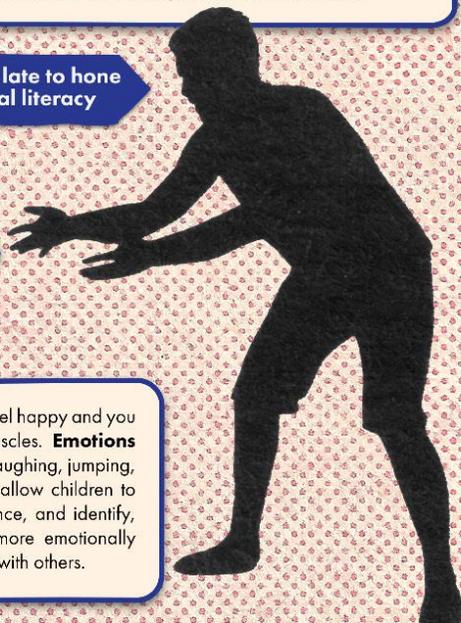
You can't have an emotion without motion. Feel happy and you smile. Feel frustrated and you tighten your muscles. **Emotions safely expressed through movement** (laughing, jumping, swaying, stomping, dancing, reaching out) allow children to practice experiencing multiple feelings at once, and identify, integrate and regulate them. This creates more emotionally mature adults who are better at empathizing with others.

Sources:

Free PDF for staff and patrons

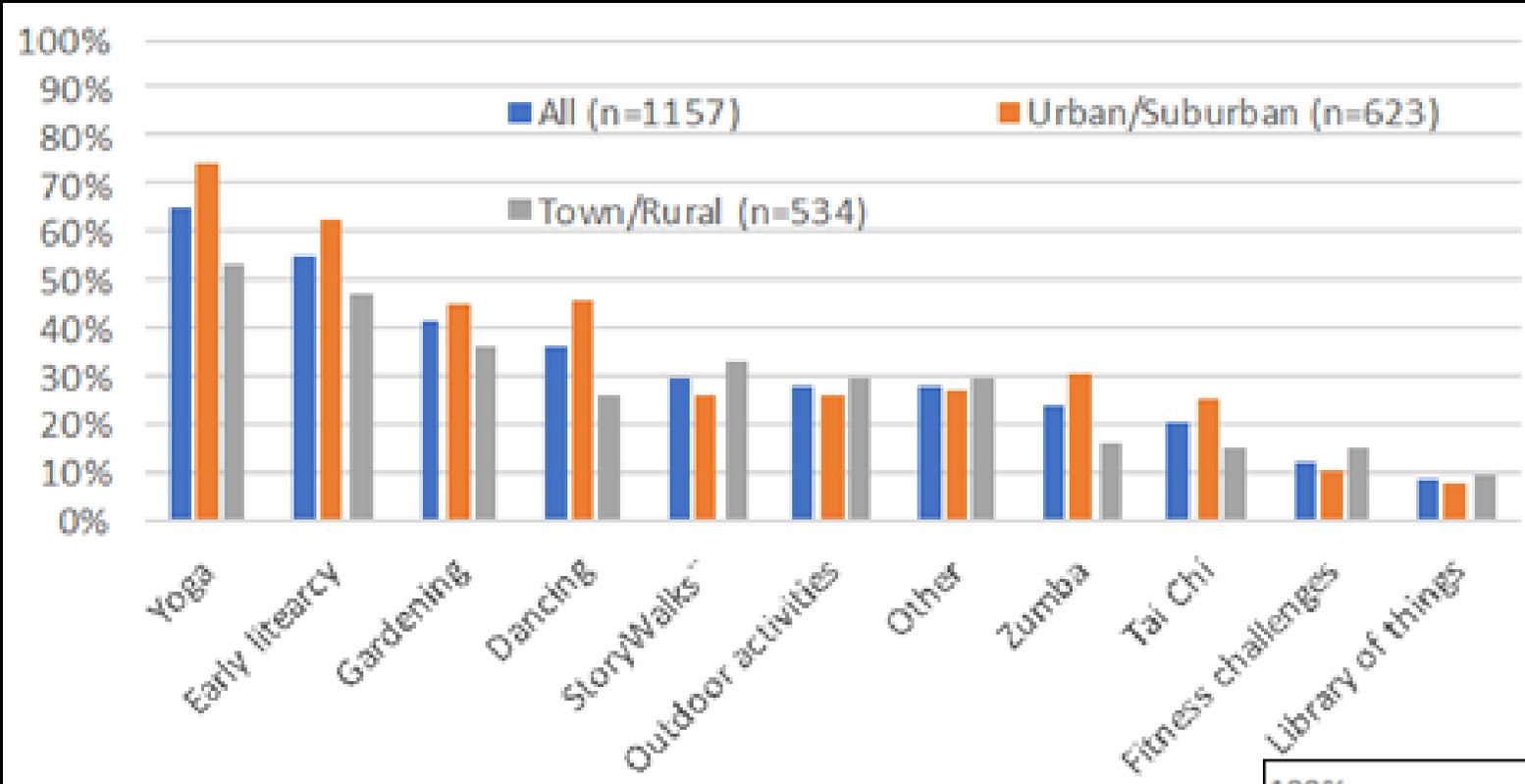
Infographic available in French and English

<http://www.jennacarson.com/resources.html>



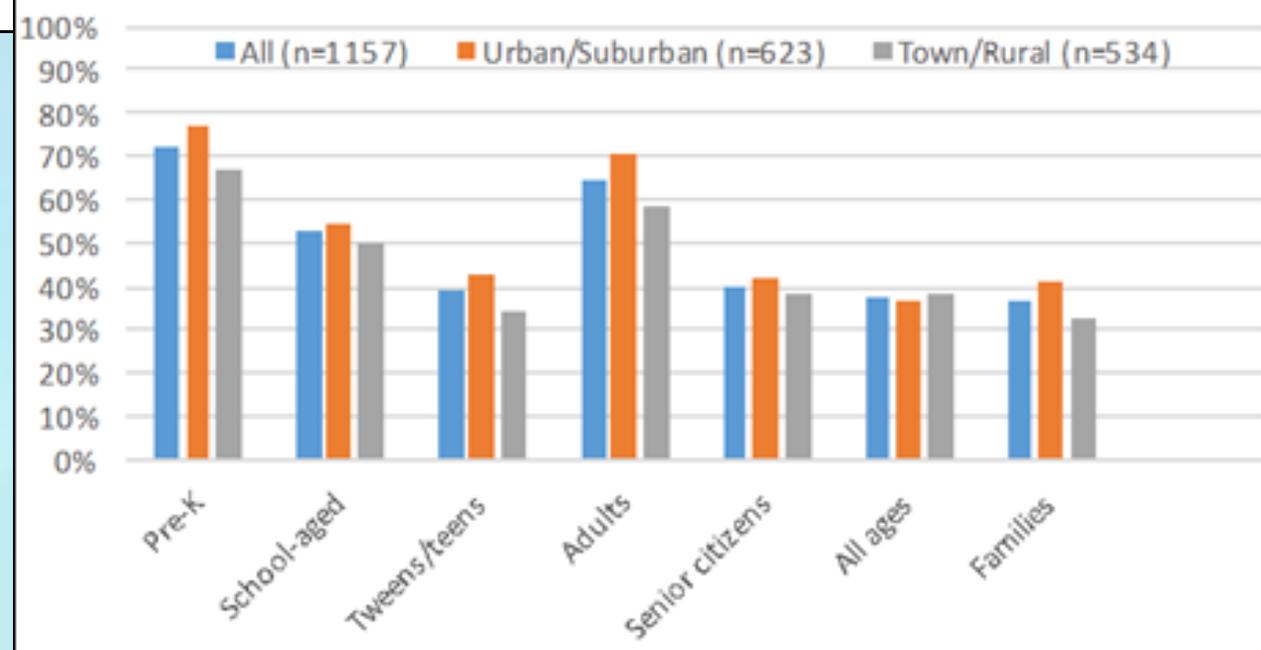
How do we apply physical literacy skills at work?





What sort of movement-based programs are other libraries offering?

<http://letsmovelibraries.org/>



Movement-Based Program Planning

- Setting the stage, community partnerships
- Budgets, legalities, and logistics
- Spreading the word with effective marketing



THE L.P. FISHER PUBLIC LIBRARY PRESENTS

**BRAZILIAN
JIU JITSU
DEMO**

JANUARY 21
2:30-4PM
FREE

DID YOU KNOW WOODSTOCK
HAS A JIU JITSU CLUB?

MATT TRITES AND SION GOODINE, FROM THE WOODSTOCK BRAZILIAN JIU JITSU CLUB, WILL DEMONSTRATE BRAZILIAN JIU JITSU (BJJ) TECHNIQUES FOR SPORT AND SELF-DEFENSE.

BJJ IS A MARTIAL ART THAT FOCUSES ON GRAPPLING AND FIGHTING ON THE GROUND, EVOLVING FROM KODOKAN JUDO GROUND FIGHTING TECHNIQUES.

IT IS A GREAT MARTIAL ART FOR KIDS BECAUSE THERE IS NO STRIKING INVOLVED; A PERSON CAN SUCCESSFULLY DEFEND THEMSELVES BY USING PROPER TECHNIQUE AND LEVERAGE TO APPLY JOINT LOCKS AND CHOKE-HOLDS ON AN OPPONENT.

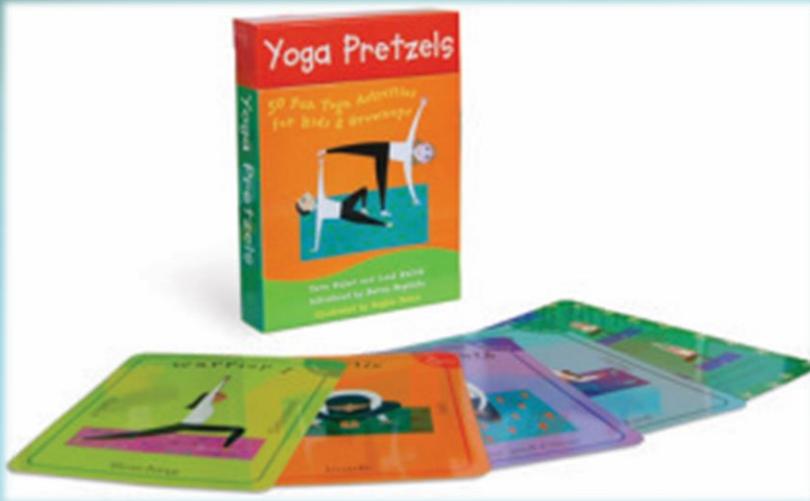
IT IS ALSO GOOD FOR WOMEN, SINCE BJJ USES TECHNIQUE TO ALLOW A SMALLER, WEAKER PERSON TO TAKE DOWN A LARGER, STRONGER PERSON.

CALL THE L.P. FISHER PUBLIC LIBRARY AT 325-4777 FOR MORE INFORMATION.
WWW.WOODSTOCKBJJ.COM
WWW.FACEBOOK.COM/L.P.FISHER.LIBRARY

WOODSTOCK BJJ
BRAZILIAN JIU JITSU



Passive ways to get people moving....



- Stand-up desks (adjustable), bike and treadmill desks
- Activity cards (such as yoga cards) left in common areas
- Active outdoor equipment (for all bodies)
- Alternative collections (pedometers, yoga mats, snowshoes, fit kits, gym passes, board games, kites, etc...)
- Movement stations (dress-up centre, sensory tables, puppet theatre, stand-up maker counter, stacking blocks, hopscotch)
- Health-related programs (digestion, healthy sleep, meditation, acupuncture, etc...that will encourage people to take better care of their bodies...and then they will want to move more)
- Displays of “active” materials (i.e.: how-to running books, movies about runners, runner bios, cookbooks for runners)



Inreach

Enhancing the physical literacy of
staff and volunteers



What is Mindful Ergonomics?

Being AWARE

Using Integrated Positional Therapy techniques



Let's try it

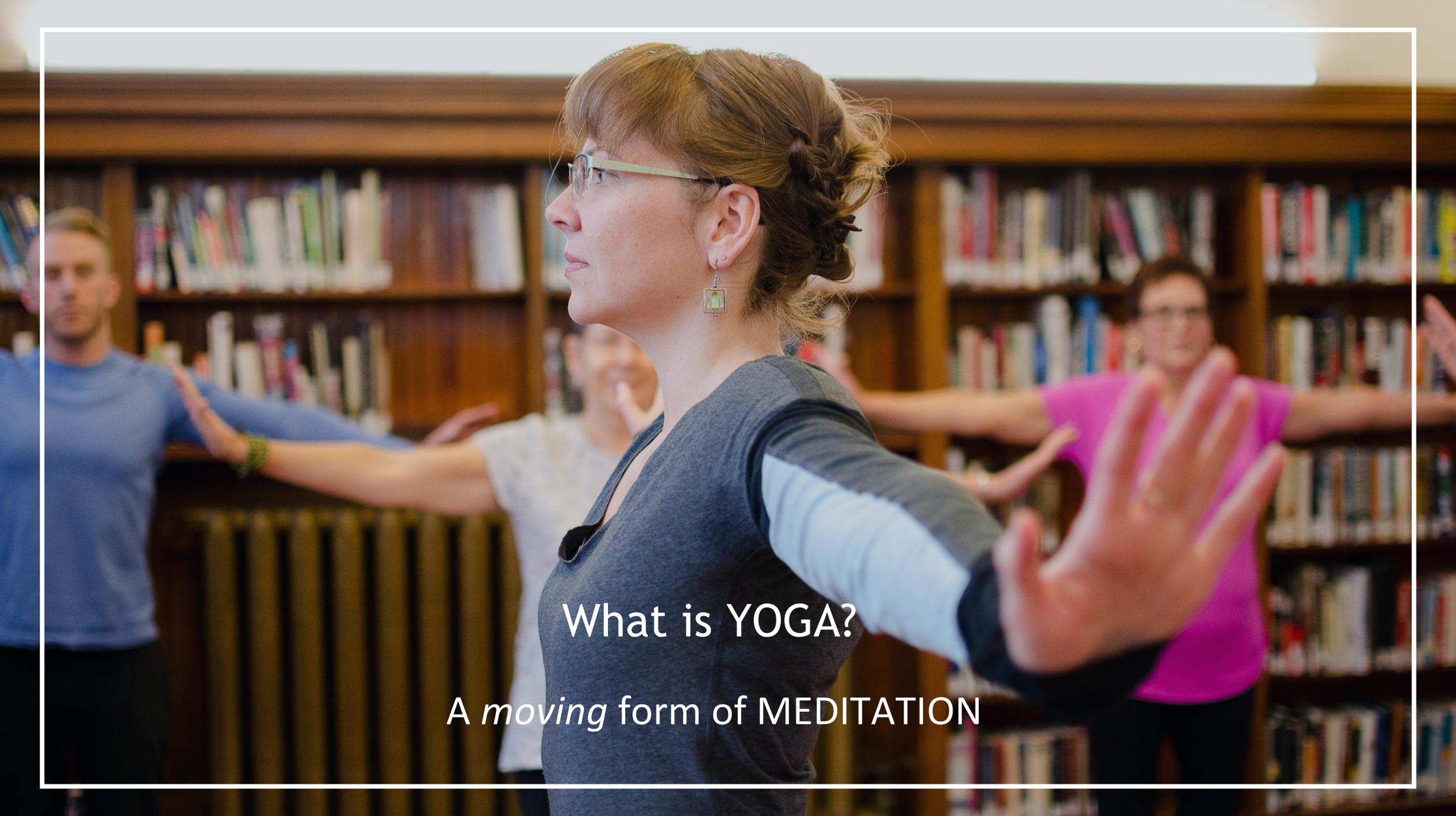


What is MEDITATION?

A concentrated exercise in MINDFULNESS



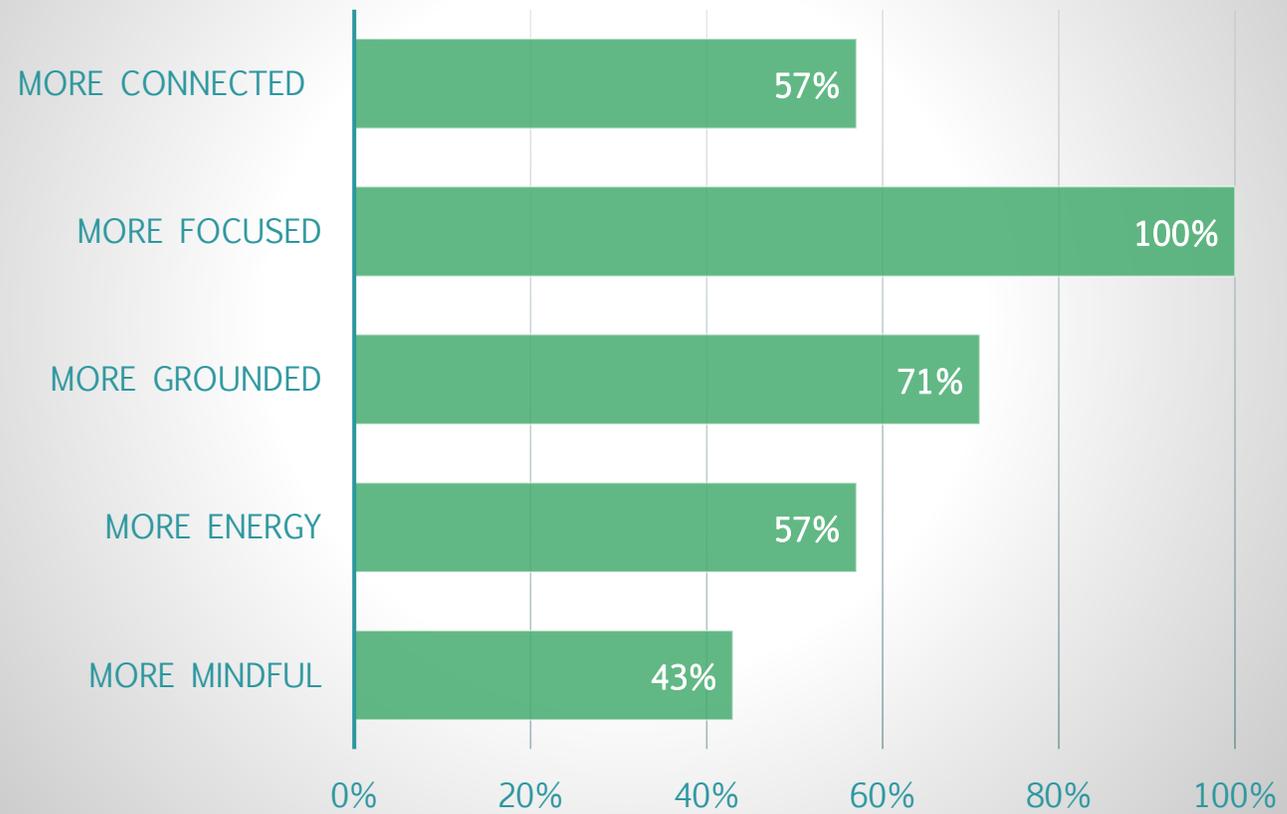
Let's try it



What is YOGA?

A moving form of MEDITATION

Noted Staff Improvements after 15-min Yoga Break



Self-care webinar: https://www.youtube.com/watch?v=E_HBGZVglvo



Let's try it

TAKING CARE OF US

Advice for Library Staff

Feel like you are running full-throttle? Immobilized during downtime because there is just so much to catch up on? Exhausted and overwhelmed? Here are some tips that can help you take care of yourself:

SLEEP. The dishes can wait. **Everything looks better** after eight straight hours of shut-eye.

EAT FOOD that makes you feel good. Not too much of it. Eat it **mindfully**. Alone or with friends. You will be surprised by what (and how much) you put in your mouth when you really start paying attention to how it makes you feel.

DON'T BE RIGID. Rigidity is the enemy of fun. And I guarantee if you are reading this, **you need more fun.**

DO SOMETHING THAT SCARES YOU, in a good way. Just for you, **not to show off** or to post it on social media.

LAUGH. Don't take yourself too seriously. Or anyone else. Picture everyone who annoys you **wearing a clown nose** à la Bernie Glassman. Or to borrow from Elizabeth Lesser, remember we are all just "bozos on the bus."

MOVE YOUR BODY. A lot. You are less cranky when you walk on your lunch break, or go to the gym and lift weights, or run as hard as you can, or snowshoe with a friend, or play outdoors with your kids, or just use the stairs at work instead of the elevator. Even those of us with mobility issues can find ways **to be active**. Swimming and yoga are great low-impact activities.

MAKE ART. Colour. Dance. Grow things. Get your hands dirty. Play music. **With no agenda**, just because it feels good. Hug someone you love. Let yourself be helped when someone offers. Pet an animal.

BREATHE. When we're stressed or uncomfortable we tend to hold our breath or breathe shallowly. Take some deep, slow breaths. **Right now.** It can be helpful to put a reminder on your phone/desktop/watch every 30 minutes to remind you to breathe and to get up and move around.

RECONNECT with your spiritual or religious practice, whatever that may be. Try going for a walk in the woods and clearing your head. It can really help you **feel grounded** and connected. Or listen to some uplifting music with your eyes closed.

MORE ON THE WEB:

www.programminglibrarian.org
www.yogainthelibrary.com
www.physicalliteracyinthelibrary.com

Written and produced by Jenn Carson
Designed by Brendan Helmuth

FURTHER READING

The Art of Extreme Self Care by Cheryl Richardson. Especially the chapter "Let Me Disappoint You."

This is How by Augusten Burroughs. Remember when your people-pleasing nature gets the best of you that "you're not a bottle of Valium."

Free infographic in
French and English

<http://www.jenncarson.com/resources.html>

DE-STRESS AT YOUR DESK

www.yogainthelibrary.com



Hands on desk, feet planted, let head hang.



Inhale, turn to right, exhale. Repeat on other side.



Inhale, lean to right, exhale. Repeat on other side.



Inhale, lean back, exhale.



Inhale, lean forward, exhale.



Open and close fists, slowly and then as fast as you can.



Bring hands towards you.

Send hands away.



Turn hands out.

Turn hands in.



Rub palms to create friction and warm them. Place over closed eyes for sensory break.



Place arm at ninety degree angle to body, palm flat, elbow touching wall. Step forward with same foot. Repeat on other side.



Place arm higher up wall, palm flat, elbow touching wall. Step forward with same foot. Repeat on other side.



Plant feet flat on floor. Inhale. Twist to right. Exhale. Repeat on other side.



Stand behind chair and grip back. Lift right leg slightly behind you. Lower. Repeat on left.



Lift leg and arm out to the side. Lower. Repeat on other side.

Photography and design by Brendan Helmuth

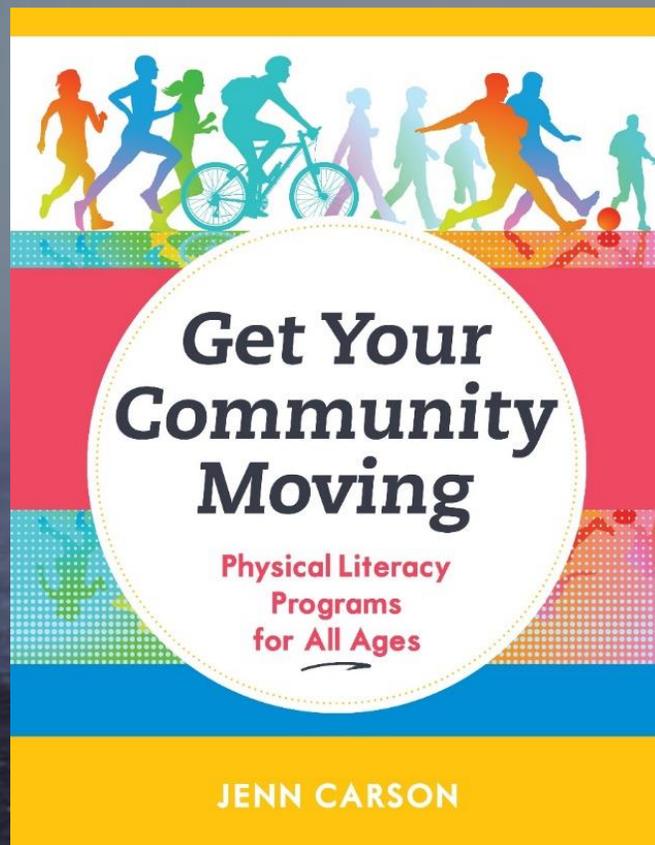
Produced by and featuring Jenn Carson, MSLIS, CYT, CCYT

[Free infographic in French and English](http://www.yogainthelibrary.com)

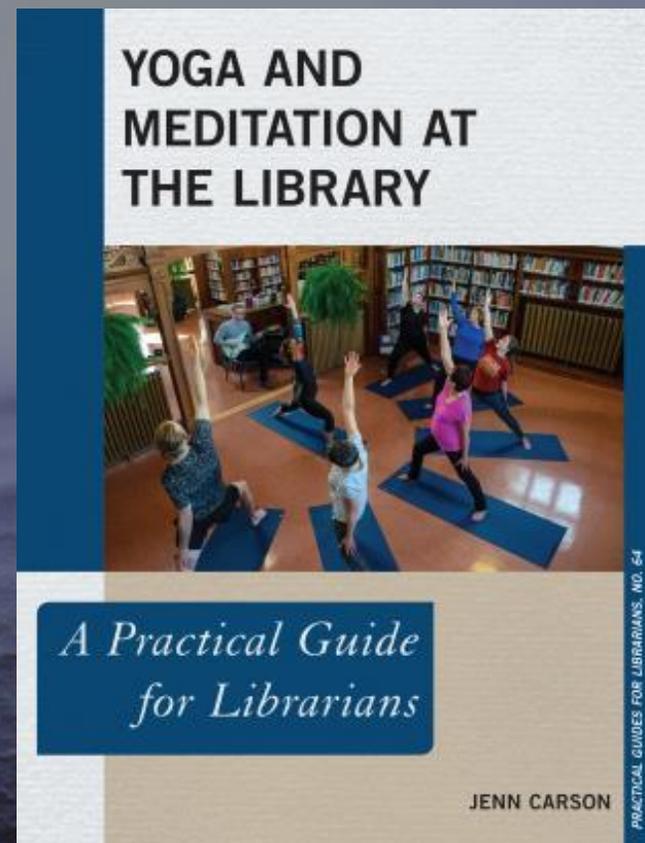
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Let's talk about hard things:

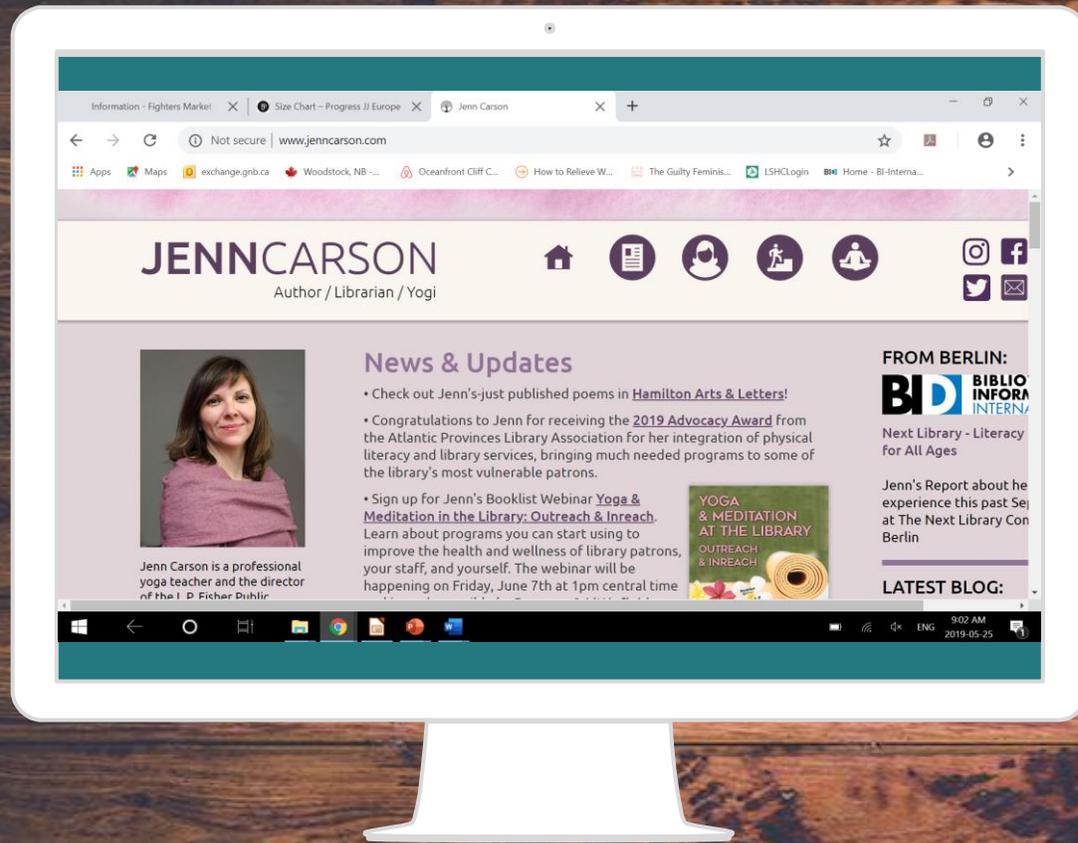
- ✗ Interpersonal issues at work (getting buy-in)
- ✗ Climate anxiety and natural disasters (ahem! like pandemics)
- ✗ Physical illness and disability (making room for everyone)
- ✗ Financial worries (hint: partnerships)
- ✗ Caregiver responsibilities (AKA librarian burnout)
- ✗ Mental health struggles (why “fake it ‘till you make it” isn’t always a healthy option)



ALA Editions, 2018



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thanks!

ANY QUESTIONS?

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