

Appendix A: WATSU Positions and Movements**Date:****Student:****First Position**

Water Breath Dance

Breath Rock

Accordion

Rotating Accordion

Near Leg Rotation

Far Leg Rotation

Under Leg/Shoulder

Arm Breath Squeeze

Hand Hold

Pull Around Swing

Head Cradle

Arm Leg Rock

Thigh Press

Shoulder Rotation

Chest Opening Shoulder
(leg same side)Chest Opening Shoulder
(leg opposite side)

Bladder Meridian

Transition/Arm Back
Around**Under Shoulder**

Transition/Occipush

Lengthening Spine

Twist Over

Sweep Around

Side Stroke

Under Hip

Spine Pull

Undulating Spine

Transition/hip push

Bow

Lift

Free Float

Stillness

Follow Movement

Under Head

Seaweed

Horizontal

Vertical

Face to Face

Face Away

Rocking (Butt Rock)

Hara Rise

Transition/Occipush

Saddles

Side

Open

**Continuous Rhythmic
Movement****Rotation****Rocking****Dance/Follow Movement**

Appendix B: Classroom Documentation Sheet for WATSU Project

Please document any of the following behaviors you notice after your students have been in the pool

B means the student is performing or behaving better than usual

S means the student is the same as usual

W means the student is performing or behaving worse than usual

Please add any other changes to classroom performance or behavior that you notice.

Student Name**Date of Session****Activities**

Transitions

(in/out of
water)

Walking (to LR/Cl.R.)

Dressing

Processing

Listening

Focus

Direction Following
ExpressiveCommunication
Compliance**Affective/Emotional**

Relaxed

Calm

Agitated

Angry

Tolerate Touch

Patience

Willing to Try New
Things

Fearful

Physiological

Breathing

Range of Motion

Ease of Movement

Head Control

Body Position

Balance

Arm Use

Standing

Walking

Additional