

HORSE BOY
like free - ride free

New Trails
LEARNING SYSTEMS

kids must move

Movement Method

1

How it all began

The science behind MM

Learning Equation

Our 8 guide lines

Movement Method

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The Story: Part 1

How does Movement Method work?

- Neuro plasticity
- System of kinetic learning
- Possible in classroom, home, and clinical setting

What makes us different?

- Mentorship from the population we serve
- Is Autism really only negative?
- Where are the successful adult autists?

Temple's Advice:

- Follow your child: Intellectually, physically, emotionally
- Do it in nature
- Let him move

What does Autism mean?

- Greek for _____ ?

Following the Mentors

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The Story: Part 2

How did it start?

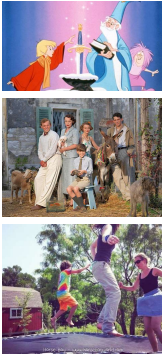
- First homeschooling, now also classrooms
- Rupert: "If I had my ideal how would school look like for me?"
- The Sword in the Stone & My family and other Animals

What do they have in common?

- Mentorship (ideally 1 to 1)
- Learning through exploration
- In nature

Homeschooling begins

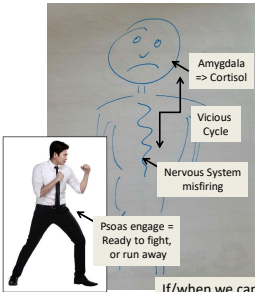
- Teaching through Rowan's obsessions
- Unschooling
- Learning by stealth
- 'Testing'



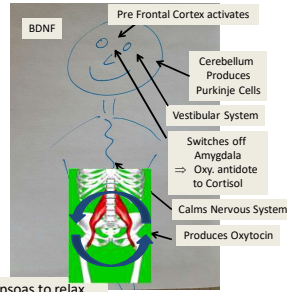
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How does Movement Method work?

The Problem:



The Solution:

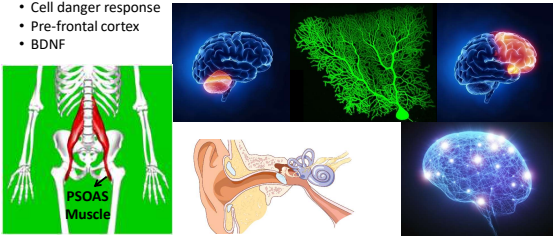


If/when we can get psoas to relax....

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Why Movement is so important - recap

- Reminder of the science that just happened in our bodies
- Rocking and balancing movements
- Psoas muscle
- Calm nervous system
- Cerebellum
- Cell danger response
- Pre-frontal cortex
- BDNF
- Well-being and Resilience
- Reduces shame



Movement Method 1 & 2 Certification Course: Qualification to become a Basic Mentor

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Movement



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The Learning Equation

$$\begin{array}{c} \text{Physical Environment} \\ + \\ \text{Human Environment} \\ = \\ \text{Learning} \end{array}$$

- Would you learn more with a great teacher in a bad environment or with a not so nice teacher in a good environment?

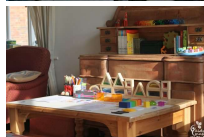
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The Learning Environment: Creating the right PHYSICAL Environment

- What is the environment composed of?**
- Right sensory triggers/input
 - And movement! (Rocking and balancing i.e. problem solving)

What are good sensory triggers?

- Easiest nature!
- If you have to work inside:
 - Warm lights (upward casts)
 - Natural objects
 - Good smells




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Human Environment – The Movement Method Guidelines

CATEGORY 1: SET YOURSELF UP FOR SUCCESS


Mindful Self Compassion

- What does it mean?
 - Mindfulness
 - Self-kindness
 - Common Humanity
- Oxygen masks on planes
- Study 1991 shows parental stress level most important predictor of child's outcome. More important than type of therapy.



Pick Your Battles

- Social and Life-Skills
- Well-being and Resilience
- Academic Skills
- Creating a strategy
 - Interest of child
 - Very small steps
 - Change a NO moment into a YES moment
 - Do not shame the kid – EVER!!!
 - Explain and apologize
 - Humor




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Human Environment – The Movement Method Guidelines

CATEGORY 1: SET YOURSELF UP FOR SUCCESS

Trust the Experts

- Who are the Experts?
- Empower the parents, siblings, peers, ect



Follow the Child

- What is Intrinsic Motivation?
- What is Extrinsic Motivation?
- Why should you follow the child?
- What does science say about Intrinsic Motivation?
- Study: Kohls 2013 in Social Cognitive and Effective Neuro Science
- Case Study: Jacob Barnett

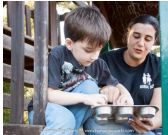
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Human Environment – The Movement Method Guidelines

CATEGORY 2: SET THE CHILD UP FOR SUCCESS


Eye Contact and Attention

- How much eye contact do we really need?
- How much eye contact feels normal to us?
- Eye contact triggers the amygdala
- Different ways of paying attention
- Rowan and the Hobbit



Humor

- Why is humor so important?
- Laughter is verbal communication
- Humor can diffuse a situation
- Funny walks
- Toilet humor => act of rebellion



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Human Environment – The Movement Method Guidelines

CATEGORY 2: SET THE CHILD UP FOR SUCCESS

Time for Innovation

- Dream Time
- How did we evolve to learn?
- Curiosity and the school system
- Do what Facebook and Google do!



The Right Pressure

- Is it ever ok to put pressure on the child?
- Is it ok to ask the child direct questions?
- Modeling
- How can we test without putting too much pressure on the child?
- Timing
- Tact
- Don't try to teach your skill, use your skill to teach.



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The Learning Environment:

What is Learning?

- Communication
- Life and Social Skills
- Well-being and Resilience
- Academics



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Movement – starting to build the brain though Games

- How do children usually develop Theory of Mind, Perspective Taking and Communication?
 - GAMES!
- What is Theory of Mind?
- What is False Believe?



Movement - Academics

- Math & Literacy
- Science
- History and other subjects
- Drop It, Do It, Confirm It



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Dr. Temple Grandin

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ABOUT US



Teachers and Schools
A Method to maximize teacher effectiveness and reduce burn-out.

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Questions?



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