

Little Movers sessions in your nursery or preschool

During the sessions we cover the most essential of the 7 recommended guidelines for the child's healthy development and future learning.

- ⑥ Communication and language.
- ⑥ We listen to short stories and poems...
- ⑥ We listen to directions...
- ⑥ We enquire...
- ⑥ We interact...

Listening and communication are essential skills for all children and develop these skills in all our classes. Our activities and games teach children to listen carefully, identify and distinguish between different sounds and identify where they come from, respond to what they hear, to vocalise sounds and to communicate through talking.

- ⑥ Physical development.
- ⑥ Braindance* (read more below)
- ⑥ Develop gross motor skills

Our specially choreographed dances and movement activities are designed to develop children's spatial awareness, co-ordination, balance, strength, agility and sequencing skills. We also use props to focus on children's fine motor control, and to stimulate senses.

- ⑥ Personal, social and emotional development.
- ⑥ We work together
- ⑥ We respect each other

We learn about consequences of behaviour by mimicking characters from our stories.

We help children to develop their early social skills. They learn from our instructor and from the children in their class to greet each other, to make friends, to join in with activities, to share props and take turns.

🌀 Understanding the world.

Across all our age groups, we have fun learning about the world around us. We cover different topics, including animals, plants, the body, transport, the weather, space, under the sea. We use stories, props and music to help us to discover the world around us.

*What is 'BrainDance'?

Developed by Anne Green Gilbert, the BrainDance is a series of exercises. It is comprised of eight developmental movement patterns. The nervous system of each new human being must go through these series of developmental movement patterns before the brain can operate at its full potential. These fundamental movements, or primary reflexes, follow one another in an important and orderly sequence. If these movements are skipped, or done only partially, this can result in difficulties in bodily coordination, attention, learning and skill acquisition. Un-integrated reflexes also contribute to social immaturity and anxiety in both children and adults. The good news is that by revisiting the missed steps and integrating un-integrated reflexes, the brain can be reorganised to create a nervous system that works efficiently. This is where the BrainDance comes in.

- 🌀 BrainDance Patterns
- 🌀 Breath
- 🌀 Tactile
- 🌀 Core-Distal
- 🌀 Head-Tail
- 🌀 Upper-Lower
- 🌀 Body Side
- 🌀 Cross Lateral
- 🌀 Vestibular



“Strong evidence supports the connection between movement and learning. Evidence from imaging sources, anatomical studies, and clinical data shows that moderate exercise enhances cognitive processing. It also increases the number of brain cells. And as a bonus, it can reduce childhood obesity. Movement activities should become as important as so-called “book work.” We need to better allocate resources to harness the hidden power of movement, activities, and sports”. (Eric Jensen, author of: Teaching with the brain in mind)