



Issue # 3

Hello everyone,

Welcome to Educational Moves' final Newsletter for 2022.

In this edition I would like to share with you some learning information on fun brain break activities as well as details of our upcoming training workshops in Term 1, 2023.

Some exciting news to share, effective February 2023, we will be providing movement classes for under 5's and basketball skills training for school aged students. For more information on these group classes click on the link below:

Group Classes:

<http://www.educationalmoves.com.au/group-classes.html>

Suggested Brain Break Activities to do over the School Holidays

If you have been sitting for a while in the classroom, watching TV, or doing homework on the computer then you might like to try some of the fun brain break activities listed below. You may also like to check out the following website with some other energising ideas. <https://minds-in-bloom.com/20-three-minute-brain-breaks/>

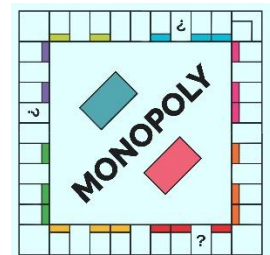
Physical Activities

- Go for a swim;
- Skipping, Hopping;
- Bean bag / ball exercises - these can be fun with a partner too;
- Jumping on a trampoline;
- Log rolling on the floor;
- Star Jumps;
- Take the dog for a walk; Running;
- Ride a bike



Non-Physical Activities

- Jigsaw puzzles;
- Knitting;
- Crochet;
- Board game;
- Card game



Upcoming Face to Face Training in January 2023

The Importance of Early Developmental Stages



Early developmental stages does affect learning & co-ordination!

TRAINING FOR PROFESSIONALS, FAMILIES & SUPPORT TEAMS

Supporting children by learning about ...

- Brain / body connection
- Techniques to relax the nervous system
- Underlying causes of behavioural challenges
- Early Developmental stages, primitive reflexes & the impact these have on childhood maturity
- Activities you can do immediately

This fun workshop is informative & hands on
Tuesday 24th January 10 - 12.30pm
Face to face -Croydon
includes workbook & 2 beanbags
Ask about claiming on NDIS
BOOK NOW - Places Limited \$160 Early bird \$150

Katharine King
0410 402 487
Brain Gym Instructor
www.kkingconsulting.com.au

Jenny Cluning
0404 694 308
Early Movement Specialist
www.educationalmoves.com.au

Learn: Why is ROLLING important?

Balance and coordination

Spatial awareness - knowing where the body is in space

Sensory and reflex integration

Learn: What can occur if a child does not roll enough or only rolls in one direction

Poor balance and coordination - slow to learn activities such as:
riding a bike, swimming, sitting still;
Difficulties with formal learning in the classroom, reading, writing, maths etc;
Misunderstanding verbal and written instructions;
Low body awareness

To learn more about the importance of rolling and other developmental stages please join Katharine King and Jenny Cluning with our first face to face session on 24th January 2023, Croydon (third week of the school holidays).

This training is claimable under NDIS Parents and Carers or tax deductible as a Personal Development.

Limited Places

\$150 Early Bird - until 09/01/2023

\$160 Full Price - from 10/01/2023

BOOK NOW:

<https://www.trybooking.com/events/landing/982225>

Free Information Seminar on: Emma Murray's 'High Performance Mindfulness'

Come and learn about Emma Murray and her High Performance Mindfulness on line courses and how you can release your potential.

When: Wednesday 8th February 2023

Time: 7pm to 8pm

Where: Ashburton Community Centre - 160 High Street Ashburton (Melbourne)

Listen to Emma Murray's video on High Performance Mindfulness:

EMMA MURRAY VIDEO:

<https://www.highperformancemindfulness.com.au/sport/>

REGISTER YOUR INTEREST:

Email Jenny at: educationalmoves@gmail.com

Term 1 2023 Professional Development Workshops

For more information on dates and times for workshops/seminars please visit our website:

<http://www.educationalmoves.com.au/trainingseminars.html>



Wishing you a happy and safe Christmas and a wonderful 2023.

I look forward to seeing you are one of the training courses next year.

Jenny Cluning

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Early Movement Specialist & Trainer

Certified Move to Learn Practitioner - Victoria

JIAS Provider

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