
MOVING TO LEARN

W O R K S H O P S

I am available to run the following workshops in your centres:

Workshops can be tailor-made to your staff/parents/caregivers needs and can include:

- Physical Activity – how to stimulate age appropriate activities through play and experience.
- Our changing society – the sedentary lifestyle and its effects.
- Child development – how movement impacts in a child’s cognitive development.
- Where movement begins – primitive and postural reflexes, their role in the child’s development.
- How to use **“Moving To Learn”** by Gill Connell and Robyn Crowe.
- Practical ideas, including how to make and use apparatus using the environment and materials found readily in homes and preschools at very little cost.
- How to plan outdoor and indoor equipment set-ups – includes what equipment is necessary and use of equipment already in the centre/home.
- Practical movement and music ideas using small equipment such as bean bags, streamers, happy sticks, streamers, ropes, hoops etc.
- Dance and movement action songs – how to use resources.
- Baby sessions – what to do and include – babies need to move too!!!
- Resources and what to buy.

For more information and bookings contact:

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