

## Mind Moves® making a difference – once again!

Lizelle van Niekerk

I received a phone call from Simon's\* mom in February this year. He is in Grade 4 (turned 10 in February). She wanted him to start the Study fitness course in order to prepare him for the June exams. He was previously diagnosed with ADHD and is currently on Ritalin. At the time he also attended auditory processing therapy combined with remedial therapy.

When I met Simon for the Study fitness assessment on 2 March 2018, his reading age was 53 words per minute (8 years). His eye tracking was poor - he skipped every second/third line while doing the 1 minute Reading test. I had to follow on my page to "see" what he was reading as he made so many mistakes. When speed reading one could not understand the words he was reading. He only spelled 19 words correct and was tired afterwards, his attention drifted and we had to stop.

Due to the reading age requirements and the fact that a lot of his reflexes scored high, we could not proceed with the Study fitness course. We had to work on the reflexes and reading ability first. His Withdrawal reflex scored 3. His home programme was Mind Moves for the Withdrawal reflex, the Mouse Pad and reading for 1 minute every day, because we wanted to improve his reading ability in order for him to do the Study course.

His Mind Dynamix® Profile showed a blocked profile hence the reason for introducing the Core workout as well. At first he was lying down while doing it, as this was difficult for him to do in a co-ordinated and controlled manner. By the end of the study course, he could do the Core workout standing and in a controlled manner.

Hi Lizelle.

Ek wil jou graag bedank vir die 9 weke van studiekursus asook die aanloop daartoe en die opvolg daarna. Simon het ongelooflik baie geleer. Hy verstaan nou soveel beter hoekom hy sekere dinge anders hanteer en verwerk as sy maatjies. Hy is uniek en dis awesome.

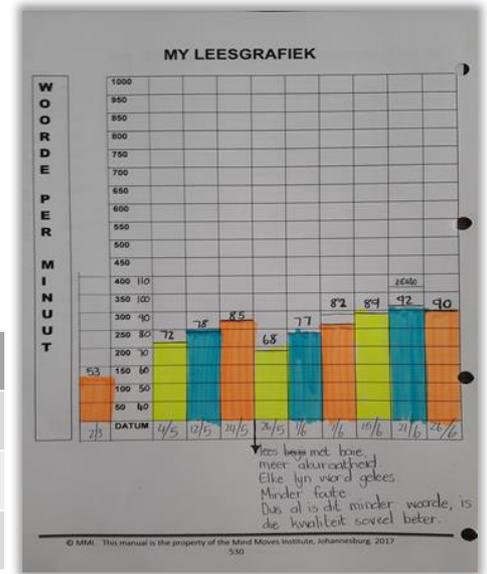
Hy het 'n wonderlike pad gestap saam met jou vanaf dag een. Baie dankie vir jou mooi manier waarop jy hom hanteer. Baie dankie vir al jou opvolg boodskappe en deernis. Jy het ons soveel hoop gegee vir sy toekoms.

MMI het beslis 'n hele nuwe wêreld van leer, verstaan en toepas vir hom oop gemaak. Hy het reeds dit wat hy geleer het begin toepas in sy studietye. Deur te verstaan hoe sy brein, refleksie en sintuie werk kan hy nou nuwe horisonne begin bereik en so sy volle potensiaal verwesenlik. Dit was voorwaar 'n baie positiewe en konstruktiewe ondervinding vir hom. Ons bly in kontak en Simon sal steeds maandeliks kom vir 'n opvolg besoek. Ek wens jou alle sukses toe en weet dat jy 'n verskil maak in kinders se lewens.

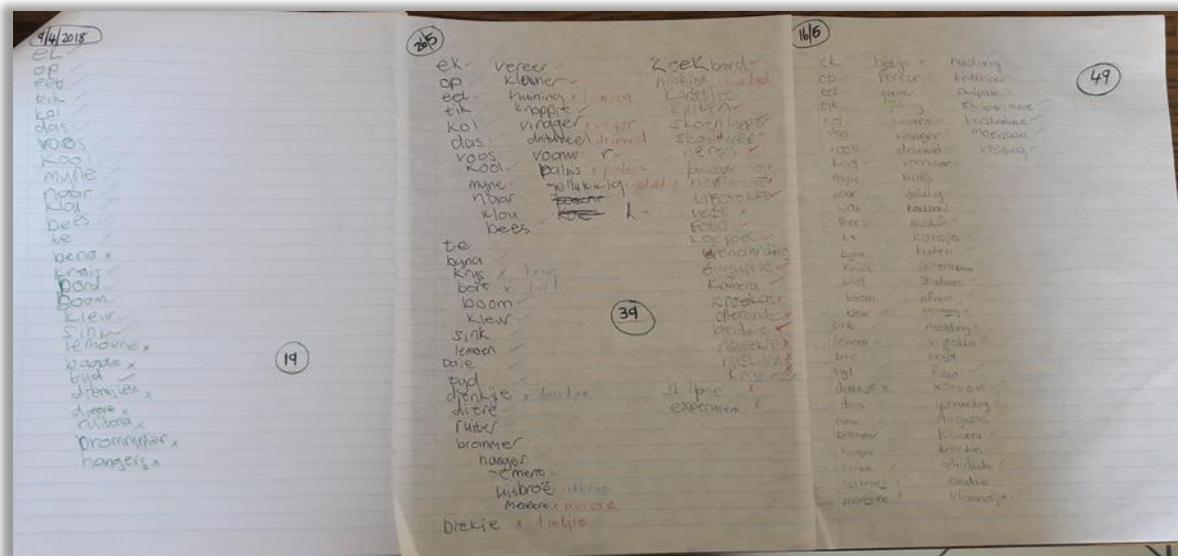
Vriendelike groete

Simon se Ma

On 4 May he was ready to start the Study course. During the sessions we did Mind Moves for concentration (he did not take Ritalin when he came for the sessions) – some days the Mind Moves worked well and other days not. However, in the end we achieved GREAT results!



Scores	2 March 2018	26 June 2018
Reading age score	55 (8 years 1 month)	105 (11 years 4 months)
Speed reading score	53 (8 years)	92 (10 years 5 months)
Spelling age score	19 (7 years 1 month)	49 (10 years 4 months)



Notice the improvement in handwriting, neatness and spacing.

When Simon finished the Study course he was 10 years 4 months old and on par with his peer related reading and spelling ages. His reading and writing improved so much, not to mention his knowledge of himself and how to study! He worked so hard and had such a great attitude.

He deserved the success and I wish him all the best!

[Lizelle van Niekerk – Port Elizabeth](#)

\*Pseudonym