

Mind Moves® solved reversals in Grade 3

Marina du Plooy

During the first term of 2018, the three Grade 3 classes of Harvest Christian School in Johannesburg, started doing Mind Moves to solve reversal problems in class. The teachers did the Mind Moves daily in class for 6 weeks. We've also asked the parents to help their children to do the Mind Moves once a day at home.

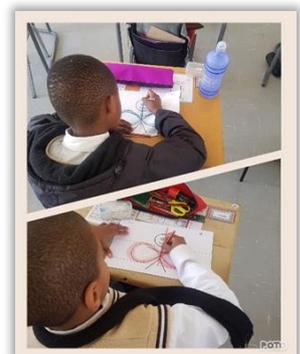
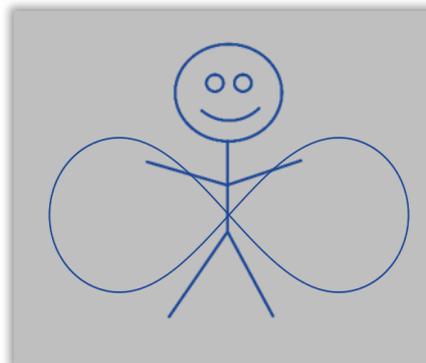
The following Mind Moves were chosen to address the reversal problem (Links can be followed to see demonstrations of the Mind Moves):

1. **Focus Adjuster** Face forward and look at the thumb at elbow distance. Slowly bring the thumb to the tip of the nose. Focus on the thumb and move it to arm's length. Focus on the thumb held at arm's length, then on a point further away, and back to the thumb. Repeat x10.
2. **Homolateral Walk** : Slowly raise the right arm and leg. Relax. Slowly raise the left arm and left knee. Relax. Repeat x10.
3. **Bilateral Walk** : Touch the left knee with the right hand, twisting the trunk to bring the opposite shoulder and hip towards each other, extending the other arm and leg. Repeat x10.
4. **Mouse Pad** : Focus on the thumb held at the elbow distance from the eyes. Move the thumb upwards, first around the left eye and then around the right eye. Repeat x5. Swap hands and repeat the same process, always first drawing a circle around the left eye and then around the right eye.
5. Each child got their own A3 Mouse Pad to put up against the wall.



We daily practiced b or d using the rhyme:

- b-first the bat and then the ball (inside out)
- d-first the drum and then the drumstick (inside out)



The learners wrote 3 spelling dictations with b and d words in. The final results were as follow:

Final results:

Pre test: 88%

Mid test: 92%

Post test: 95.80%

“ FEEDBACK - Grade 3 teachers said:

Thanks to Marina du Plooy, an Advanced Mind Moves Instructor at our school, we have implemented Mind moves into our class schedule every day.

I found that since I am doing Mind Moves with my classes for the past 3 years, there are definitely a positive change in my children's behavior and academic progress.

Learners are more attentive and open for learning. I love doing Mind Moves exercises (at least 3 times a day) with my grade 3 class. Antennae Adjuster, Homolateral and Bilateral marches, Rise and Shine, Neck Rotator and Power On, are my personal favourites. Handwriting exercises have proven very valuable and worthwhile. Listening skills have improved as well as concentration and focusing skills.

The b/d reversal project we followed was awesome, almost all the learners in my class overcame the b/d confusions as well as number reversal barriers.

I will definitely recommend Mind Moves to any one, especially nowadays where children are not trained to listen and focus and are not disciplined by parents.”

~Petra du Preez

Teacher at Harvest Christian School



For the past 3 to 4 year I have been doing Mind Moves in my grade 3 classes on a daily basis. I was introduced to Mind Moves via Marina du Plooy, an Advanced Mind Moves Instructor. I have also attended her Core Workshop courses. Every morning we will start off with Mind Moves (Rise and Shine, Homo- and Bilateral Marches, Trunk Twister and Antennae Adjuster).

When we have done intense class work we will take a break and do a few Mind Moves and then continue with our work. The children find the Mind Moves exciting and participate with ease.

This year I had two boys battling with crossing the midline, and I took extra effort in doing the Bi-lateral march and the Trunk twister daily. They have no problems anymore.

When we do silent reading/comprehensions/tests etc. I have noticed that learners would spontaneously start rubbing their ears.

I am a firm believer of Mind Moves and do believe that it is absolutely fantastic to correct learning abilities with no chemically induced medication.

I often say that I will never know what the impact of the Mind Moves had on the learners (as I had no previous record) but I am totally convinced that it was beneficial to all the learners irrespective of learning disabilities.”

~Elna Nagle – Teacher at Harvest Christian School

“ Grade 3 parents said:

- *Learners who had b/d difficulties have shown improvement, even though they still experience difficulties, less reversals occur now. (Mrs du Preez, Grade 3 teacher)*
- *It works wonders!! Thank you so much. (Thabo*'s Mum)*
- *I love Mind Moves, it helps Nathi* to relax and be more focused.*
- *The Mind Moves were challenging at the beginning but for the few times she did them I saw improvement in her reading and the b,d,p letters that she used to confuse. (Goitsehone*'s Mum)*
- *Increased focus and smooth movement. Thank you. (Thomas*'s Mom)*
- *Mind Moves was excellent and I can see the improvement. Thank you. (Phyllis*'s Mom)*
- *Very impressive, I also joined her. (Mmusi's Mom)*
- *Anne* had fun doing her Mind Moves and I also enjoyed doing it with her. It helps to relax our nerves.*
- *Phyllis*'s concentration is getting better as well as her speed on completing the tasks. Thanks so much.*
- *Mary-Lee* is more focused and independent with her work.*

Marina du Plooy

Advanced Mind Moves Instructor – Alberton

*Pseudonym