



Move to Learn

o December | o Missile | o 2006



► OUR VISION IS TO ENABLE EVERY CHILD TO LEARN TO THEIR POTENTIAL



► OUR MISSION IS TO IMPART DAILY INTEGRATED MOVEMENT INTO EVERY CLASSROOM ALL AROUND THE WORLD

Missile e-mail



We have so much to share this month that it is impossible to know where to begin. There's been an explosion of success. ..& it won't go into one short missile.

But most important is our wish that all one thousand of our readers will have a peaceful Christmas & then be ready to grab hold of the challenges of 2007 with new vigour.

God bless you all.

Barb Ph



Fourth Annual Move To Learn Seminar

4th - 8th November, 2006

Every year at the end of our seminar we wearily joke about our seminar being the last one. This year is no different but we can now say for sure that 2006 will be the last year when there is only one seminar. Plans for future Move to Learn seminars are being made down the South Coast of NSW, in Perth, Fiji & South Africa.. We see seminars everywhere!!

To this end: we will be posting a summary of this year's seminar on our web site before 2007, if you want to put on a seminar, please phone us for support, our last book, School Floors, which is now out, will give you all the background knowledge you will need.

The following poem was written by one of the attendees, Gail Parker, on the last day of the seminar & it sums up our mood & the seminar itself beautifully. Thank you so much Gail; I wish I could say that I had written it.

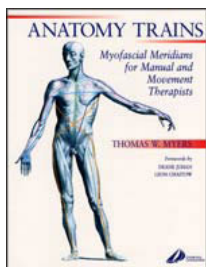


ROLLING

We need to thank you Barbara Pheloung For these five days so positive & strong. We've been laughing, yawning & constantly moving Swaying, crawling, bending & rolling. Fidgeting, standing, sitting & eating Talking, discussing, questioning & rolling. We've flopped & crawled & been told That to fix each problem you've got to be rolled. We've laughed & cried, shivered with cold, Flip-flopped, commandoed, rocked & rolled. We've sung & danced & learnt how to fold, Giggled & blushed, flowed & rolled. We've been blessed with accents Aussie & Irish so bold, South African, Japanese & Indian, we've all rolled. Barb's team had our brains constantly lolling, Our stiff unco bodies stretching & rolling. So whether we're Icelandic, Peruvian or Woop Woopian Get down & move & keep on rollin' !

Click here to [download](#) Photos from the 2006 Seminar

Anatomy Trains



FISH OIL - heard at the seminar

- 6 out of 10 fish oils have too high a level of mercury.
- Autistic children should have no fish at all because of the increasing level of mercury
- Flaxseed oil, Walnut oil, Grape seed oil, are alternate sources of Omega 3.

Book recommended by Ben Hendrickson
Myofascial Meridians for Manual & Movement Therapists
By Thomas W. Myers www.elsevierhealth.com

Surfaces To Roll On

Cardboard boxes broken down, oil cloth, lino strips, carpet pieces, plastic, old blankets, bubble wrap.

It is actually better to have several different floor coverings as this will heighten what they are feeling as they roll. Also, closing their eyes & describing what they feel is excellent.



SCHOOL FLOORS

HAS BEEN RELEASED! GET YOUR COPY TODAY!

Go to www.movetolearn.com.au

Hi Barbara,

Still rolling. Making plans to present a move to learn workshop in Zimbabwe early next year. I have all the contacts on the move. Will send you photos.

*Dr Soezin Krog - UNI South Africa
Move to Learn Graduate 2006 Seminar*

Testimonial From Samantha Mowbray Of Coffs Harbour, NSW

Thankyou, thankyou, thankyou for such a wonderful seminar in Collaroy!!!! I have come back to sunny Sawtell with a head full of ideas & enthusiasm. I am currently gathering info on how to start a before or after school Move to Learn program at Sawtell public school.

I have already been using ideas from the seminar in my existing gymnastics classes & cannot believe the response! I have rolled & then used the calming points with my baby classes & on a severe autistic boy, & had all of them lying on the floor very relaxed, content, even sleepy. Now the other teachers are doing the same things!!! Amazing

I also use Julia's 'mission' (jump out of the plane, turbulence, commando crawl etc) at the start of my boys' gymnastic classes. They LOVE it.

Brendon O'Hara's Wombat crawling has been a great way to slow down my special needs gym classes, & they all love it to!!!

The ball is rolling up here in Coffs (sunny Sawtell)

NEW Mtl Website

Have you seen our [NEW-Look-Interactive-Mind-Map-Audio-Website?](http://www.movetolearn.com.au) www.movetolearn.com.au . We have designed this for all our amazing LD people who are challenged by website navigating.

Brand New Shopping Cart...

New Features...

Do you have a website of your own? Why not make a link on your Website to ours? Networking is so important if we are going to win this war on the ignorance of LD!

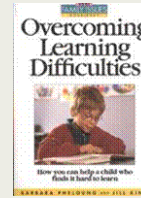
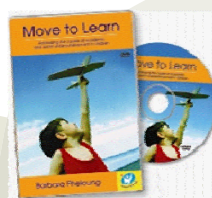
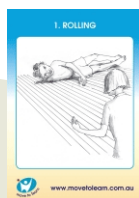
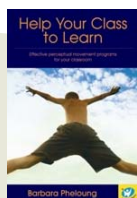
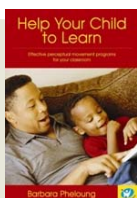
Speed Stackers

A stand out resource for parents, teachers, & students called Sport Stacking. A fun way of integrating, developing creativity, focus & rhythm. Participants stack & unstack 12 Speed Stack cups in pre-determined sequences.

Check out their website www.speedstacks.com



Merry Christmas, & We Will See You In The New Year,
Barbara Pheloung & the Move to Learn Team



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