



Kids-Move Introductory Course

Speaker: **Liz Jones-Twomey**, Co-Founder (with RONNO) of Kids-Move www.Kids-Move.com

Enriching the Quality of Early Child Care the Kids-Move Way, through Music and “Brain-Based” Developmental Movements

Developmentally appropriate movement is vital to the wiring of the young brain and in laying the foundation for a healthy life.



Experience a lively and informative course presented by **Liz Jones-Twomey**, an International Brain Gym® and Rhythmic Movement Trainer, Consultant, and practicing elementary school teacher with the WRDSB in Canada - with over 28 years of experience! Liz has devoted a great deal of time and effort to expanding her knowledge of “brain-based” movement over the course of her career.

She has been a featured speaker on 4 Continents, and co-creator of the multiple award-winning cd’s, “Catch a Brain Wave Fitness Fun”; “Smart Fitness, Smart Foods”; “Baby Connections Song Time”; and latest release, “Wiggle Jiggle Fitness Fun.” Liz has been honored with the prestigious “International Teaching Through Movement Award” for her work with Brain Gym® and “Best Practice” teaching strategies. She was presented with the W.T. Townshend Award of Excellence for her innovative teaching style, and she is also a recipient of the “Speedo National Fitness Instructors’ Award.”

Explore the use of fun songs and playful activities to support the integration of brain & body

(children ages 4 - 12 years), while also promoting emergent/early literacy.



Participants will leave having a variety of new, research-based strategies for enhancing children’s play, either in large or small-group experiences.

What you will learn:

Hands-on Technique

Learn the Naval Radiation Technique to support developmental movement patterns in young children by helping them develop a sense of the core of the body and its connection to each of the limbs (2 hands, 2 feet, head and tail/ base of spine).

Critical Developmental Movement Patterns

Acquire skills to identify and help integrate the 4 critically important developmental movement patterns: Spinal Movement, Homologous Movement, Homolateral Movement, and Contralateral Movement.

Songs, Games and Activities

Understand how to support the integration of these movements in young children through songs, games, and activities that help to build the brain-body connection.

Classroom Strategies

Have fun exploring other valuable ways of using music and movement, with strategies that can be easily used in your classroom the very next day.

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1-Day workshop Breakdown

9 – 12:00

- **Navel Radiation technique**
- **Spinal and Homologous Movement**
- **Activities and songs**
- **Video support**

12:00 – 1:00 Lunch Break

1:00 – 4:00 or 4:30 [whatever is appropriate]

- **Homolateral Movement**
- **Contralateral Movement**
- **Activities and songs**
- **Video support**