



WHAT IS THE MINDS-*IN*-MOTION MAZE?

and

WHY DO WE NEED IT IN OUR SCHOOL?

Dear Parents,

For all students, the importance of FOCUS in the classroom is a basic learning tool. Teachers are excited to hear that recent scientific research points to ways to directly impact a student's focus and attention! Schools can strengthen the mechanism to increase attention by stimulating the vestibular (a sensory system in the inner ear that regulates balance). Teachers can fire up this system by providing specialized but simple movements daily in a school setting. The *Minds-in-Motion Maze** program is a clinically proven way to provide these critical motor activities. The research actually comes from machines used at NASA for our astronauts!

The *Minds-in-Motion Maze* is approximately 15 different daily activities set up in stations to provide motor development for increased sensory processing and integration. Each activity is tailored for children and addresses:

- ❑ eye-movement control
- ❑ balance
- ❑ body-movement functions, such as coordination and motor-planning.

Our balance system (the VESTIBULAR system) provides input for motor control of the eyes and for auditory processing. This is critical to every student for:

- learning to read and write efficiently
- increasing focus and attention
- increasing auditory processing
- keeping pace with schoolwork
- developing fine and large motor control of muscles
- faster brain processing and coordinated movements
- improving speech
- improving math ability
- increasing stability
- emotional regulation
- decreasing frustrations and improving behaviors!

We are excited to provide this fun, aerobic program to our students to enrich their physical and mental well-being and prime them for better learning!