How it all began
The science behind MM
Learning Equation
Our 8 guide lines

The Story: Part 1
How does Movement Method work?
• Neuroplasticity
• System of kinetic learning
• Possible in classroom, home, and clinical setting

What makes us different?
• Mentorship from the population we serve
• Is Autism really only negative?
• Where are the successful adult autists?

Temple’s Advice:
• Follow your child: Intellectually, physically, emotionally
• Do it in nature
• Let him move

What does Autism mean?
• Greek for ________ ?
Following the Mentors
The Story: Part 2

How did it start?
• First homeschooling, now also classrooms
• Rupert: "If I had my ideal how would school look like for me?"
• The Sword in the Stone & My family and other Animals

What do they have in common?
• Mentorship (ideally 1 to 1)
• Learning through exploration
• In nature

Homeschooling begins
• Teaching through Rowan’s obsessions
• Unschooling
• Learning by stealth
• "Testing"

How does Movement Method work?

The Problem:
- Amygdala
- Nervous System misfiring

The Solution:
- Pre Frontal Cortex activates Cerebellum
- Produces Purkinje Cells
- Vestibular System
- BDNF
- Switches off Amygdala
- Produces Oxytocin
- Calms Nervous System

If/when we can get psoas to relax….

Why Movement is so Important - recap
• Reminder of the science that just happened in our bodies
• Rocking and balancing movements
• Psoas muscle
• Calm nervous system
• Cerebellum
• Cell danger response
• Pre-frontal cortex
• BDNF

• Well-being and Resilience
• Reduces shame
Movement

Would you learn more with a great teacher in a bad environment or with a not so nice teacher in a good environment?

The Learning Environment: Creating the right PHYSICAL Environment

- Right sensory triggers/input
- And movement! (Rocking and balancing i.e. problem solving)

What are good sensory triggers?
- Easiest nature!
- If you have to work inside:
  - Warm lights (upward casts)
  - Natural objects
  - Good smells

The Learning Equation

Physical Environment + Human Environment = Learning

- Would you learn more with a great teacher in a bad environment or with a not so nice teacher in a good environment?
Human Environment – The Movement Method Guidelines

CATEGORY 1: SET YOURSELF UP FOR SUCCESS

Mindful Self Compassion
- What does it mean?
  - Mindfulness
  - Self-kindness
  - Common Humanity
  - Study 1991 shows parental stress level most important predictor of child’s outcome. More important than type of therapy.

Pick Your Battles
- Social and Life Skills
- Well-being and Resilience
- Academic Skills
- Creating a strategy
  - Interest of child
  - Very small steps
  - Change a NO moment into a YES moment
  - Do not shame the kid – EVER!!!
  - Explain and apologize
  - Humor

Human Environment – The Movement Method Guidelines

CATEGORY 1: SET YOURSELF UP FOR SUCCESS

Trust the Experts
- Who are the Experts?
- Empower the parents, siblings, peers, etc

Follow the Child
- What is Intrinsic Motivation?
- What is Extrinsic Motivation?
- Why should you follow the child?
- What does science say about Intrinsic Motivation?
  - Study: Kohls 2013 in Social Cognitive and Effective Neuro Science
  - Case Study: Jacob Barnett

Human Environment – The Movement Method Guidelines

CATEGORY 2: SET THE CHILD UP FOR SUCCESS

Eye Contact and Attention
- How much eye contact do we really need?
- How much eye contact feels normal to us?
- Eye contact triggers the amygdala
- Different ways of paying attention
  - Rowan and the Hobbit

Humor
- Why is humor so important?
- Laughter is verbal communication
  - Humor can diffuse a situation
  - Funky walks
  - Toilet humor => act of rebellion

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Human Environment – The Movement Method Guidelines

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Human Environment – The Movement Method Guidelines

CATEGORY 2: SET THE CHILD UP FOR SUCCESS

Time for Innovation
- Dream Time
- How did we evolve to learn?
- Curiosity and the school system
- Do what Facebook and Google do!

The Right Pressure
- Is it ever ok to put pressure on the child?
- Is it ok to ask the child direct questions?
- Mocking
- How can we test without putting too much pressure on the child?
- Timing
- Tact
- Don’t try to teach your skill, use your skill to teach.

The Learning Environment:

What is Learning?
- Communication
- Life and Social Skills
- Well-being and Resilience
- Academics

Movement – starting to build the brain through Games
- How do children usually develop Theory of Mind, Perspective Taking and Communication?
  - GAMES!
- What is Theory of Mind?
- What is False Believe?

Movement – Academics
- Math & Literacy
- Science
- History and other subjects
- Drop It, Do It, Confirm It
Online courses
Mini Courses:
- Addressing Behaviors
- Stress & Coping
- Lesson Plans
Certification Courses:
- Movement Method 1 & 2
- ATHENA/Horse Boy Method 1
Continuous Education Courses:
- The Science of Learning
- Adapting the Environment

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Check out https://ntls.co

Questions?