A woman with long brown hair, seen from the side, is high-fiving a young boy with curly hair. They are in a gymnasium with a basketball hoop in the background. The woman is wearing a light blue shirt, and the boy is wearing a white t-shirt and blue pants. A green semi-transparent box is overlaid on the right side of the image, containing text.

David C. Anchin Center for the Advancement of Teaching

PROFESSIONAL DEVELOPMENT SERIES

# JOIN THE MOVEMENT

Harness the Power of the Mind-Body Connection to Supercharge  
Engagement, Accelerate Learning, and Close Gaps



UNIVERSITY of  
**SOUTH FLORIDA**

**College of Education**

David C. Anchin Center for  
the Advancement of Teaching

# WELCOME



It is my pleasure to welcome you to Join the Movement: Harness the Power of the Mind-Body Connection to Supercharge Engagement, Accelerate Learning, and Close Gaps! Offered in partnership with Smart Moves Academy, this professional development series is filled with rich opportunities to learn, connect, collaborate, and re-commit ourselves to ensuring all students enjoy healthy, engaging, and cognitively enriching educational experiences grounded in best practices. The professional learning experiences offered in this series will highlight cutting edge research in educational neuroscience to help all of us who care about student achievement and growth to better understand the connection between the brain, the body, wellness, and learning. We look forward to seeing you in the sessions! Thank you to Dr. Gretchen Stewart and Smart Moves Academy for partnering with us on this important initiative, and thank you for joining the movement!

**Rachel Hatten, Ph.D.**

**Associate Director**

David C. Anchin Center for the Advancement of Teaching

# WELCOME



Movement changes the brain in ways that help teachers and parents facilitate breakthrough achievement and potential in children and adults across the lifespan. I'm thrilled to be a part of bringing the foremost minds in movement, learning, cognition, and social-emotional wellness from across the United States to USF as a part of this groundbreaking professional development series. Never before in human history have we known more about how the brain develops and learns, and how we can harness the power of strategic movement to maximize brain function. As educators, we know the brain is the tool through which our work is done, making educational neuroscience an imperative for the advancement of teaching and learning. Strategic movement offers a natural pathway for academic and emotional development and/or the reduction or elimination of barriers to learning, especially for children with unique learning needs. Through Smart Moves Academy's partnership with the David C. Anchin Center, and our incredible facilitators, we are able to bring more than 200 years of research, practice, and results in mind, brain, and education right here to Tampa for you- our educators, parents, therapists, and others, to take part in. Each of the seven sessions in this series builds upon the other, allowing you to add unique knowledge and strategies to your teaching and learning toolboxes that are effective, easy to implement with students, and that require no to very limited and low cost tools and equipment. Each session also stands tall on its own, allowing the flexibility to take any number of sessions that interest you. I recommend every session as some of the most pioneering, valuable, and effective professional learning available to you today. We are grateful to the Anchin Center for this partnership, allowing these sessions to be offered at a significant discount to educators. I look forward to meeting you and forming a meaningful relationship around the wonderful experiences we will have together in these unique offerings, and I encourage you to register for sessions as soon as possible, as seats are extremely limited for these face-to-face, innovative, and active learning opportunities.

See you soon!

**Gretchen L. Stewart, Ph.D.**

**Founder & Director**

Smart Moves Academy



# SERIES SCHEDULE

SESSION NAME	DATE
Minds-In-Motion Maze	October 22, 2022
Integration Month	December 2022
MNRI Treasure Box to Facilitate Learning	January 21, 2023
The New IQ	February 25, 2023
Brain Gym	March 25, 2023
Bal-A-Viz-X Part 1	April 22, 2023
Bal-A-Viz-X Part 2	April 23, 2023

**Times:** All sessions are 6 hours in length from 9 am till 4 pm with a 1 hour lunch break.

**Style:** All sessions are designed as primarily hands-on with active participation. During each session a short time is spent connecting research to practice via collaborative discussions and multimedia content.



# RECOGNITION OF LEARNING

We love that you're here, learning and growing to impact the lives of others. We want to recognize your effort with credentials marking your journey of learning about the brain, education, and movement.

## ATTEND ALL 6 SESSIONS:

- Above and Beyond Personalized Desktop Keepsake
- Anchin Center Certificate of Advanced Professional Learning in Mind, Brain, Education
- Smart Moves Academy Movement for Learning Series & Innovator Digital Badges

## 5 SESSIONS:

- Anchin Center Certificate of Advanced Professional Learning in Mind, Brain, Education
- Smart Moves Academy Movement for Learning Series Digital Badge

## 4 SESSIONS:

- Smart Moves Academy Innovator Digital Badge

## ANY 1-3 SESSIONS:

- Smart Moves Academy Participation Digital Badge

## WHAT IS A DIGITAL BADGE?

A digital badge is a new type of credential allowing you to show specific skills you've gained through learning experiences. You can put badges on social media sites such as LinkedIn, add to your digital resume, or embed in a digital portfolio. Digital badges are web-based dynamic icons containing metadata about who issued the badge, when it was issued, the criteria for earning it, and evidence that the learner has met the criteria.

OCTOBER SESSION



# MINDS-IN-MOTION MAZE®

OCTOBER 22, 2022 // 9:00 AM – 4:00 PM

**USF College of Education, TECO Hall (Tampa campus)**

**Registration Fee:** \$150

**Register at:** [tinyurl.com/anchinmindsinmotion](https://tinyurl.com/anchinmindsinmotion)

What you get: A full day of pioneering professional learning, a full color 72 page MAZE® handbook for Elementary or Middle grade levels, a tasty box lunch, and a fun paced day with like-minded people.

Minds-*In-Motion*'s revolutionary program, using movement and brain integration, jump-starts the brain's neural pathways to help children maximize potential by building a better foundation for learning and equips them with the tools for success in school, in sports, and in society. In this session, you will learn the Minds-*In-Motion*'s MAZE®, 15 simple steps to enhance the brain processing abilities of PK-12 students.

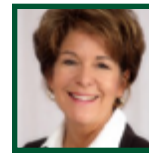
## THE WHY – Rationale & Research

- Recent research is proving that poor integration and inefficient coordination between the numerous brain systems involved in the learning process can be dealt with through sensory integration and motor development exercises.<sup>1</sup>
- Exercises that improve balance through vestibular stimulation can also improve motor planning, orientation, self-regulation, and behavior.<sup>2</sup>
- “Pre and Post COVID, the need for sensory and motor integration continues to increase in school aged children” – C. Meyer

## THE HOW – Top 3 Learner Objectives for Participants

- Learn why movement and physical activity are critical for all students' success.
- Learn how to implement the 15 MAZE® stations at home or school, each connected to a powerful brain process and movement.
- Participate in the MAZE® with your peers and feel your brain and body changing before your eyes.

## MEET YOUR FACILITATOR



### CANDACE MEYER

*Founder of Minds-In-Motion, Inc., Louisville, Kentucky*

Minds-*In-Motion* began with a powerful idea - that learners of all ages shouldn't be limited by a diagnosis, a label, a grade, or a score. With more than 40 years of experience as a reading specialist, Ms. Meyer has assimilated years of reading intervention experience, personal research on brain function, training with key neuro-development professionals, and compilation of scientific data to create a “comprehensive movement program that integrates the brain and the body, emphasizing the physiological link between learning and movement.” Candace holds a BS in Elementary Education and an MS in Reading.

**LEARN MORE | Website:** <https://www.mindsinmotion.com/>

**READ MORE | Scholarly Article:** <https://pubmed.ncbi.nlm.nih.gov/32805715/>

**SEE MORE | Teacher Made Video Example:** <https://www.youtube.com/watch?v=uk4zlzveimw>

DECEMBER SESSION



# BRAIN INTEGRATION MONTH

INDIVIDUALIZED COACHING CONVERSATION  
SESSIONS TO FIT YOUR SCHEDULE

**One to One Virtual or Face to Face**

**Registration Fee: \$0★**

**What you get:** One 30 min. 1:1 coaching session. Expert coaching in applications of mind, brain, and education to make the most of your new learning as you implement movement strategies in your classroom, at home with your child, or in other settings.

**Register after November 13, 2022 for individual sessions at:**  
<https://calendly.com/consultgretchen>

Personalized coaching has been shown to lead to feelings of greater satisfaction when learning and doing something new.

**In these 1:1 conversation you may:**

- Get personalized answers to your questions about the sessions you attended, implementation, fidelity, and any other related topics.
- Problem solve individual students or your own child, accessing answers to adapt movements, schedules, MAZE® design, etc.
- Plan for the continuation of your learning with a discussion about upcoming sessions in the series and how to maximize your goals

## MEET YOUR FACILITATOR



**DR. GRETCHEN L. STEWART**

*Founder & Director, Smart Moves Academy, Tampa, Florida*

Dr. Gretchen L. Stewart is the Founder of Smart Moves Academy, an inclusive private school opening in Tampa in 2023 optimizing brain performance through physical activity for lifelong learning, health, fitness, and emotional well-being. Smart Moves Academy's vision is to ignite the mind through movement and maps a new course in teaching and learning where the brain and the body take precedence as natural and dynamic partners in maximizing the potential of all children. Gretchen holds a BA in Political Science, an MA in Curriculum & Instruction, an MA in Special Education, and a PhD in Curriculum & Instruction with a specialization in Educational Neuroscience.

**LEARN MORE | Website:** <https://www.smartmovesacademy.org>

**READ MORE | Scholarly Articles:** <https://digitalcommons.usf.edu/etd/8874/>

**LISTEN MORE | Podcast:** <https://barkleypd.com/blog/podcast-for-teachers-smart-moves-for-learning>

★ Included with paid registration and attendance at either or both of the October and November sessions in this series.

JANUARY SESSION



# MNRI® TREASURE BOX TO FACILITATE LEARNING

JANUARY 21, 2023 // 9:00 AM – 4:00 PM

USF College of Education, TECO Hall (Tampa campus)

Registration Fee: \$175

Register at: [tinyurl.com/anchinmnri](https://tinyurl.com/anchinmnri)

**What you get:** Powerful brain based strategies to help those you work with of any age to reach their maximum potential, a tasty box lunch, and a fun paced day with like-minded people.

The early movements, prime motor, and reflex patterns that are the foundation of human development are some of the most important functions of the brain and are the basis of successful learning. The Masgutova Neurosensorimotor Reflex Integration (MNRI®) method is based on activation of the innate nature of the sensory-motor reflex system to increase self-regulation. This session is all about the skills humans need for optimal learning that are housed in the brain and accessible through specific movements.

## THE WHY – Rationale & Research

- The development of academic skills depends on the appropriate development of the brainstem and sensorimotor integration.<sup>4</sup>
- As the number of non-integrated primary motor reflex patterns in neurotypical children increase, the number and severity of learning challenges correspondingly increase.<sup>5</sup>

## THE HOW – Top 3 Learner Objectives for Participants

- Learn how the six primary motor patterns (1) act as the biomechanics of human development and (2) effect cognitive functioning and neurodevelopment overall.
- Explore the maturational role primary sensory-motor reflexes play in the formation of specific academics and social skill sets that affect self-regulation in a classroom setting.
- Apply and practice hands-on training for each of the six primary motor patterns and these reflex patterns: Hands Grasp, Finger Squeeze, Hands Supporting, Foot Guard, Automatic Walking, Asymmetrical Tonic Neck, Spine Side Flex, Bonding, Confidence Response, and Eye Tracking & Convergence / Divergence.

## MEET YOUR FACILITATORS



### PAMELA CURLEE

*Educational Director, Svetlana Masgutova Educational Institute (SEMI®) for Neuro-Sensory-Motor and Reflex Integration, Orlando, Florida*

Pamela Curlee was introduced to MNRI® in 1994 at a conference on learning and movement. A faculty member of the International Educational Kinesiology Foundation, Pamela has had more than 10,000 hours of classwork, training, and teaching, between 2003-2020 in the theory and practice of MNRI®.

SEMI provides conferences, course instruction, and application of MNRI® in more than 40 countries worldwide. She has worked at and has administered more than 100 MNRI® Family Conferences around the world. Pamela holds a BS in Speech Pathology and Audiology from Colorado State University and a Deaf education and teaching certificate from University of Texas.



### DR. PATTY SHAKELFORD

*Dean, Masgutova Graduate School, Orlando Florida*

Dr. Patty Shackleford is a certified MNRI® Core Specialist, MNRI® Instructor, licensed School Psychologist and Mental Health Counselor in Florida and a Nationally Certified School Psychologist, with a Ph. D. in Psychology. She is the Dean of the Masgutova Graduate School. Dr. Patty offers group and individual sessions to parents, teachers, therapists and businesses on how to improve learning, productivity, behavior and reduce stress and trauma using scientifically proven body and reflex movements and wellness information. The principles and hands on experiences taught in these sessions help individuals of all ages reduce stress and enhance performance in the classroom, work place, sports, music, art and other areas of creative work and to maintain balance and harmony in their lives through moving into physical, emotional, social, academic and cognitive positive development. Dr. Patty, who has authored seven articles, uses the MNRI® Masgutova Method in her therapy sessions and courses, has presented at international events and draws from over 40 years of educational and clinical experience working with infants, children, adolescents and adults.

**LEARN MORE | Website:** <https://masgutovamethod.com/the-method/the-mnri-method-approach-programs>

**READ MORE | Scholarly Articles:** <https://masgutovamethod.com/articles#i58>

**SEE MORE | Video:** <https://youtu.be/b8UHATuy5IA>



FEBRUARY SESSION



# THE NEW IQ

FEBRUARY 25, 2023 // 9:00 AM – 4:00 PM

**USF College of Education, TECO Hall (Tampa campus)**

**Registration Fee:** \$95

**Register at:** [tinyurl.com/anchinnewiq](https://tinyurl.com/anchinnewiq)

What you get: An introduction to the frontiers of assessment in mind, brain, and education, a tasty box lunch and a chance to celebrate yourself and likeminded educators who have participated in any number of sessions in this series.

The New IQ® is an assessment developed by Minds-In-Motion's Candace Meyer to help educators, parents, and therapists better understand how movement impacts learning, cognition, and self-regulation. Using technology developed for astronaut research at NASA, as well as everyday tools, the various tests included in the New IQ® (Integration Quotient®), we are given a pioneering perspective about the importance of the vestibular system as it relates to optimal human performance.

This is the final session in the series and will end with a celebration and recognition of learning.

## THE WHY – Rationale & Research

- Movement changes the brain, legacy testing practices are outdated.<sup>8</sup>
- An overwhelming number of children labeled with Autism, Learning Disabilities, Attentional Deficits, and Speech and Language challenges exhibit significantly underdeveloped motor, balance, and coordination systems.<sup>9</sup>

## THE HOW – Top 3 Learner Objectives for Participants

- Understand the various tools associated with non-clinical movement based assessments.
- Participate in a set of movement based assessments that will deepen your understanding of the connection between movement, learning, cognition, and self-regulation.
- Assess yourself and peers using simple tools that can be translated to classroom or home practice to understand more about brain integration.

## MEET YOUR FACILITATOR



**DR. GRETCHEN L. STEWART**

*Founder & Director, Smart Moves Academy, Tampa, Florida*

Dr. Gretchen L. Stewart is the Founder of Smart Moves Academy, an inclusive private school opening in Tampa in 2023 optimizing brain performance through physical activity for lifelong learning, health, fitness, and emotional well-being. Smart Moves Academy's vision is to ignite the mind through movement and maps a new course in teaching and learning where the brain and the body take precedence as natural and dynamic partners in maximizing the potential of all children. Gretchen holds a BA in Political Science, an MA in Curriculum & Instruction, an MA in Special Education, and a PhD in Curriculum & Instruction with a specialization in Educational Neuroscience.

**LEARN AND SEE MORE** | Website: <https://www.mindsinmotion.com/neurocom-data-charts>

**READ MORE** | Scholarly Articles: <https://www.dovepress.com/dynamic-balance-in-children-with-attention-deficit-hyperactivity-disor-peer-reviewed-fulltext-article-NDT>

**SEE DYNAMIC BALANCE** | Assessment Techniques in Children: <https://youtu.be/mrj16T-68ksY>

MARCH SESSION



# BRAIN GYM®

MARCH 25, 2023 // 9:00 AM – 4:00 PM

**USF College of Education, TECO Hall (Tampa campus)**

**Registration Fee:** \$155

**Register at:** [tinyurl.com/anchinbraingym](https://tinyurl.com/anchinbraingym)

**What you get:** An introduction to the field of Educational Kinesiology, a tasty box lunch, and a fun paced day with like-minded people.

Brain Gym® is in the field of educational kinesiology — the study of movement and its relationship to learning. It is based on a series of 26 seemingly simple movements performed in a very specific, intentional way. The movements are safe and effective for people of all ages, and thousands of practitioners all over the world have used them to bring about rapid and dramatic improvements in reading, writing, organization, communication, focus, attention, and self-regulation. Brain Gym® is used in over 80 countries and has been translated into more than 50 languages.

## THE WHY – Rationale & Research

- Physical development lays the foundation for intellectual development.
- Developmental movement patterns are universal. The dynamic nature of the brain allows those patterns to be revisited with intentional movements.
- New neural pathways grow when we move with intention.<sup>7</sup>

## THE HOW – Top 3 Learner Objectives for Participants

- Learn Brain Gym® movements to support the physical skills of learning as they relate to seeing, listening, fine and large motor, crossing the midline, organization, emotional processing, focus, etc.
- Interpret the effects of specific movements on posture, musculature, sensory and emotional processing, and more.
- Determine one's sensory intake preferences, "Learning Profile;" and explore the potential gifts and challenges evident in each possible profile.

## MEET YOUR FACILITATOR



### CINDY GOLDADE

*Director of In-Motion Intelligence, Forest Lake, Minnesota*

Cindy Goldade has a Master's in Education. She homeschooled her three children while learning Touch for Health, Brain Gym® and reflex modalities. She teaches in the Montessori graduate and early childhood undergraduate programs at the University of Wisconsin-River Falls. As International Brain Gym® Faculty she enjoys facilitating courses to a worldwide audience. She has a gift for weaving storytelling with theory and balancing it all with intentional physical activities. Cindy actively volunteers at 4-H and her church, as well as for Breakthroughs International. She helped shift to online learning at the onset of the pandemic, assisted in the writing of the Movement Facilitator track, and for the past three years has collaborated on updating the Edu-K In-Depth course manual. Wearing many hats, lifelong learner is her favorite.

**LEARN MORE | Website:** <https://breakthroughsinternational.org/programs/the-brain-gym-program> and <https://in-motionintelligence.com>

**READ MORE | Scholarly Articles:** <https://breakthroughsinternational.org/resources/the-brain-gym-resources>

**SEE MORE | Classroom Design and Brain Gym:** <https://www.youtube.com/watch?v=A-N8A7VpxuGQ>



APRIL SESSION

# BAL-A-VIS X<sup>®</sup>

APRIL 22 & APRIL 23, 2023 // 9:00 AM – 4:00 PM

USF College of Education, TECO Hall (Tampa campus)

Registration Fee: \$200★

Register at: [tinyurl.com/anchinbvix](https://tinyurl.com/anchinbvix)

**What you get:** Powerful brain based strategies to help those you work with people of nearly all ages to reach their maximum potential, a tasty boxed lunch, a fun paced day with like-minded people.

Bal-A-Vis-X<sup>®</sup> is a brain integration program that integrates the senses of BALance, AUDitory, and VISion using rhythmic eXercises done with beanbags or racquetballs while standing on the ground or on a balance board. The program consists of 200+ exercises, each rooted deeply in rhythm. Exercises address visual tracking deficiencies and auditory imprecision, impulsivity, balance, and anxiety issues. By virtue of teachable techniques (not athleticism), Bal-A-Vis-X<sup>®</sup> enables body systems to experience the flow of a pendulum, thereby affording brain systems calm and sustained focus.

## THE WHY – Rationale & Research

- Aerobic exercise elevates neurotransmitters, creates new blood vessels that pipe in growth factors, and spawns new cells. Complex activities put all that material to use by strengthening and expanding networks. The more complex the movements, the more complex the synaptic connections.<sup>3</sup>

## THE HOW – Top 3 Learner Objectives for Participants

- Learn the relationship between balance, auditory, and visual systems of the brain and how they impact learning and behavior.
- Learn partner exercises by exchanging bean bags and racquet balls in multiple patterns with multiple goals while learning to maintain or achieve auditory synchronicity via visual cues.
- Practice the safe, slow, steady, repetitive, rhythmic physical movements of Bal-A-Vis X<sup>®</sup> with a master teacher who prepares you to teach others.

★ Participants will have an additional opportunity to purchase personal sets of take home equipment at the end of the training.



## MEET YOUR FACILITATORS



### KATY AND OSCAR HELD

Founder and Son, Purposeful Movement, Ann Arbor, Michigan

Katy Held is a Movement and Learning Specialist. She is a licensed Brain Gym<sup>®</sup> and Bal-A-Vis-X<sup>®</sup> Instructor. She took her first Brain Gym course in 2001, searching for a program to help her son, who has a disability. Once she saw the profound effect that Brain Gym movements had on children (and herself), she realized that she had found her life's work. Since 2001, Katy has taken over 2,400 hours of coursework in Educational Kinesiology (Brain Gym<sup>®</sup>), Bal-A-Vis-X<sup>®</sup>, Masgutova Neuro-sensory-motor Reflex Integration (MNRI<sup>®</sup>), and Blomberg Rhythmic Movement Training. She loves sharing these playful yet powerful movements with children of all ages. Katy maintains a private practice in Ann Arbor, Mich., and provides in-services and workshops to schools and organizations interested in movement-based learning.

LEARN MORE | Website: <https://www.bal-a-vis-x.com> and <https://www.purposeful-movement.com>

READ MORE | Scholarly Articles: <https://www.bal-a-vis-x.com/resources>

SEE MORE NEWS | Video Example: <https://youtu.be/mbQv34Zs-w>

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# NOTES

[illegible]

# ★ WE BELIEVE ★



Education is a conduit for life opportunities, human rights, and justice.



All students should have access to excellent teachers and to rich educational experiences.



Ongoing professional development can enrich teachers' expertise and experiences.



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