



Thinking Moves LLC River Falls,WI 54022 www.ThinkingMoves.com

Creators of:

# SmartMoves\* LifeMoves\*

A special thanks to all our "Movers":

Amina, Amy, Angel, Anna, Anne, Annie, Blue, Caoline, Darien, Emily, Gryphon, Haisheng, Isaiah, Jack, James, Jay, Jericho, John, Junie, Laura Dawn, Lawrence, Louis, Louise, Martine, Max, Meipong, Meisorn, Meiyong, Mona, Mr. Tann, Oliver, Oscar, Paul, Raffi, Rowan, Sam, Sara, Sophie, Tatum, Tallis, Tom, Virginia, Yasmin, Yohei, Yoncie.

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# WELCOME

By 1997 I had spent five years struggling with my daughter who was here, but not here. Often delightful, always unknowable, I believed if I could just find the right key it would unlock the bright and curious little girl I knew was trapped inside. None of the terms used to describe her – sensory integration disorder, autism spectrum, alpha child, pre-dyslexic – meant anything to me at the time except "different."

I was told she would never change; but I obsessed, read, took classes, and studied, trying to learn something that would make everything better – or at least okay.

At first there was little to link the pieces together, but as I continued to explore the relationships between mind, body, music, movement and learning, bits of the puzzle started to fit.

I combined everything into a kind of dance that Rowan and I did together for a few minutes, every morning and every night. This early version of MeMoves<sup>TM</sup> changed her life. One month later my daughter who couldn't remember a single letter for more than a day was reading sentences, then chapter books; making eye contact and asking to be held.

MeMoves™ is simple. It cuts across technology and taps into our primitive and intuitive need to listen, move, and connect. Most of all, MeMoves™ helps children of all ages calm their minds and remove the stresses that hinder development.

We are excited about MeMoves  $\ensuremath{^{\text{TM}}}$  and hope it brings you joy.

All the best.

Roberta Scherf

When Indal



#### What is **MeMoves**.

MeMoves ™ is a surprisingly simple, yet powerful combination of music, movements, and images that make it easier to learn and connect. The movements in MeMoves™ are designed to integrate the brain and body by creating new connections and strengthening those that already exist.

A meditation in motion, the musical body puzzles in MeMoves TM were developed after exploring the benefits of many cognitively stimulating activities. The combination of specifically composed music, images, and movements invite you and your child to participate in an activity that fully engages your mind and body.









#### Getting started

Insert the DVD, choose a category from the menu (Joy, Calm or Focus) and select a sequence. Have your child mirror (imitate) the people on the monitor. They can use the same side of their body as the performer, or the opposite side.

Try to keep time with the moves and the music. It is okay not to do each movement perfectly.

MeMoves<sup>™</sup> can be used standing or seated, whatever is most comfortable. MeMoves<sup>™</sup> can be done alone or in a group. Ideally, families do MeMoves<sup>™</sup> together. The steady tempos, varied movement sequences and intergenerational cast make it accessible to everyone, young and old, with a wide range of abilities.

Children with ASD or similar diagnoses may experience <u>perseveration</u>; they may want to use  $MeMoves^{TM}$  continuously for an extended period of time. If this occurs, limit  $MeMoves^{TM}$  to no more than 10 to 15 minutes per session.

There are no set rules for when to advance to a new sequence. Generally, the sequences are arranged by increasing difficulty. Each user proceeds at a different pace. Most people begin with an easier sequence, followed by a more difficult one.

Note to parents: Explore the sequences or the DVD to learn which best match your child's abilities. Initially, we recommend performing the sequences together.

If your child experiences auditory sensitivity on a particular sequence avoid the sequence or play it with the volume turned down.

#### When to do **MeMoves**.

- Before school
- Prior to quiet, indoor activity
- Before studying and homework
- In the car
- Preceding doctor visits or therapy sessions
- Before stressful events or anytime anxiety is present
- When you or the caregiver need a quick break

MeMoves<sup>™</sup> may be done several times a day if desired: Two to four sequences three times a day works well. It may become difficult to concentrate and be fully engaged if MeMoves<sup>™</sup> is practiced for periods longer than 15 minutes.



#### MeMoves Puzzle Cards and CD

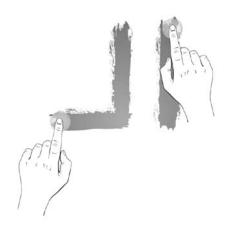
#### Puzzle Cards

MeMoves<sup>™</sup> Puzzle Cards allow your child to benefit from Memoves<sup>™</sup> anywhere. They may be used in combination with the Memoves<sup>™</sup> music CD, with your own selection of music, or on their own without music. For group use, separate the cards from the ring attachment and distribute to individual users.

Have your child use their fingers to trace the different shapes on the puzzle cards in the same way they would move their hands following the shapes on the DVD. They should try to arrive at the end of each shape (or at a corner) keeping time with the beat of the music.

For example, using the puzzle cards that contain the shapes "L" and "straight line," have your child use their finger to trace the "L" shape, while a finger on their other hand moves back and forth on the "I" keeping time to the music's steady beat.

See illustration on following page.



Feel free to experiment: Mix and match shapes, cross hands, turn the puzzle cards upside down, reverse direction, start with one (or both) fingers at mid-shape – anything you can think of to create new challenges.

#### CD

The MeMoves™ music CD contains all of the music found on the DVD. Use the CD with the puzzle cards to keep time to the music as you move your fingers across the shapes. Or, just listen to the music to help calm and focus your mind. Many find the music helps them relax at night before going to sleep.

There are two versions of each song on the CD. One with the "click track" (found on the DVD) and a version without.



### **MeMoves** sequence and music chart

The music in MeMoves™ connects the physical movements to an emotional experience. Much like a movie soundtrack, the music creates a mood, setting and an expectation. While each part of MeMoves™ is important, it is the music that provides an emotional perspective.

#### Joy

The movements and music under *Joy* are designed to encourage feelings of 'lightness' and buoyancy. "Dance's" infectious drum rhythms and bouncing melody make movement fun and effortless. "Rain Somewhere" consists of multi-layered tones with a repetitive melody line that soothes and elevates the soul. The ethereal and mystical sounds on "Pneumos" prove that *Joy* does not need to be frenetic, but can be achieved during peaceful and reflective moments.

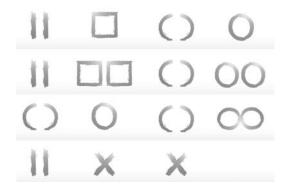


1.	Dance	50 bpm	2:02
2.	Rain Somewhere	60 bpm	2:15
3.	Pneumos	50 bpm	2:59
4.	Dance	50 bpm	2:45

bpm = beats per minute

#### Calm

The movements and music under *Calm* are designed to transport the user to a relaxing place. "Mice" is reminiscent of tiny footfalls gently sneaking through safe corridors, keeping watch on a quiet house. "Procession" is a musical meditation, inviting the listener to relax with measured rhythms and purposeful notes. The music box tones of "Old Thumb" provide a modern day lullaby, and the eclectic beats and rapid strings of "Eclipse" are balanced by consistent phrasing with grounding, musical layers.

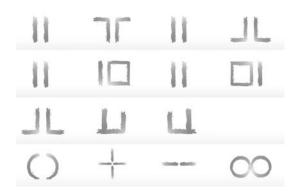


1.	Old Thumb	40 bpm	2:07
2.	Mice	50 bpm	2:36
3.	Procession	50 bpm	2:48
4.	Old Thumb	40 bpm	3:16
5.	Eclipse	60 bpm	2:01

bpm = beats per minute

#### Focus

More complicated than the sequences in Joy and Calm, Focus challenges the user with bi-lateral movements where the right hand may not always know what the left hand is doing. "Laudate" is a visceral piece full of intrigue and visual cues. An international anthem, "Laudate" welcomes the morning sun as it rises over the awakening village. Other musical pieces in Focus include "Procession", "Eclipse" and "Rain Somewhere".



1.	Laudete	44 bpm	2:47
2.	Procession	50 bpm	3:25
3.	Eclipse	60 bpm	2:56
4.	Rain Somewhere	60 bpm	3:50

bpm = beats per minute

# FIVE

## Tips for learning **MeMoves**.

- Start by listening and watching. The clicks that you hear and
  the movement of the animated shapes introduce the rhythm and
  pattern of each movement. The goal is to accurately imitate the
  movement of the person on the screen. If you get tired, you can
  rest your arms (or shake them out) when the screen goes dark
  between each movement.
- If you are having trouble with the bilateral movements (the left and right hands are doing different moves), begin by moving only the focus hand (the hand with the more difficult pattern) before trying to coordinate both hands.
- A fun way to learn new moves is to have individuals pair up. It may
  be necessary to partner users who have learned a specific move
  with those who are struggling. Face each other and touch hands
  (if comfortable). The person who knows the move will guide the
  one who is still learning.
- When you have mastered a movement, follow the path of each hand with your eyes, instead of watching the screen. Finally, close your eyes as you perform the movements, then open them to see if you're keeping time with the movement on the screen.

Please visit our website at www.thinkingmoves.com

#### Important Notice:

The creators, producers, participants and distributors of this program do not assume liability for injury or loss in connection with this program or the instructions therein.

