



Footnotes for Little Feet

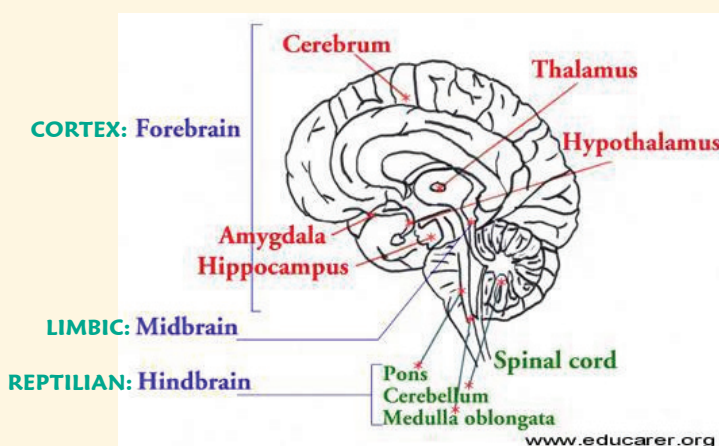
Movement is the Gateway to Learning™

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Physical Activities Build Mental Capabilities

Physical mastery leads to mental mastery and develops the whole brain.

Brain Area	Movement Activity	Cognitive Outcome
 Reptilian Brain	Grasping, Crawling Walking, Reaching, Turning Pulling, Pushing, Touching	Hand-eye coordination Gross motor skills Prewriting ability
 Cerebellum	Spinning, Balancing, Rolling Listening, Swinging, Somersaults	Fine motor coordination Reading skills Writing skills
 Limbic System	Stroking, Cuddling, Massage Different kinds of tactile touch Playing together	Social skills Cooperation Confidence & security
 Cortex	Dancing to music Working with patterns of movement Following patterns & sequences Obstacle courses	Math, Logical thinking Problem solving Fluent reading, spelling Musical ability



Source: *The Learning Revolution* by Gordon Dryden and Colin Rose



To learn more about Nurturing Pathways®, Inc., early childhood creative dance program, training opportunities and materials, please visit www.nurturingpathways.com



