

Agenda
RMT for School Readiness
Two Day Workshop (14 Hours)
Day One

Time	Topic	Delivery Method
9.00-9.30	Housekeeping Hand out manual Manual orientation Introductions	Discussion
9.30-10.45	Emphasis of this class is using RMT with groups of young children rather than one on one What is RMT? Concepts? What are reflexes? Different types How reflexes and sensory processing work together Show one movement	PowerPoint presentation Demonstration Everyone experience one passive movement Discussion
10-45-11.00	Tea Break	
11.00- 12.00	How do we know we are ready for school? Concept of Exactness Less is More - Concept Physiological signs of having done enough Physical and emotional reactions to movement based programs Brain areas linked to movement development	PowerPoint Video - Chapter 2 Get Ready for School Discussion
12.00-12.45	Introduction to Passive Movements The Brain Stem	Demonstration Practice 3 more movement
12.45 - 1.45	Lunch	
1.30 - 2.15	Continue with Passive Movements	Demonstrate Practice Discuss
2.15 - 3.00	Activities for recognizing postural challenges with groups of children. Small groups show new activity	Practice as a group Create another activity - small groups
3.00-3.15	Tea Break	

3.15 - 4.30	The Active Movements The Cerebellum	PowerPoint presentation Demonstration Practice
4.30 - 5.15	Sitting and Kneeling Movements The Basal Ganglia	Powerpoint Demonstration Practice
5.15-5.30	Closing circle Questions	Discussion

Agenda
RMT for School Readiness
Two Day Workshop (14 Hours)
Day Two

Time	Topic	Delivery Method
9.00-9.30	Feedback about yesterday Any questions Review of yesterday	Discussion
9.30-10.15	Reflexes for Posture, Balance, Stability and Attention General Challenges 1. TLR Demonstrate how to check in groups Discuss Rhythmic Movements that can be used to work with TLR Discuss other movements, activities and songs	Demonstration In groups do one Rhythmic Movement, two other movements and then create another movements In large group demonstrate new movement
10.15 -11.00	2. Asymmetrical Tonic Neck Reflex (ATNR)	Show ATNR check in groups Practice RMT movement, Other Movement and create new movement Demonstrate new movement to large group
10.00-11.15	Tea Break	

11.15- 11.45	3. The Landau Reflex	Show Landau check in groups Practice RMT movement, Other Movement and create new movement Demonstrate new movement to large group
11.45-12.15	4. Spinal Galant Reflex	Show Spinal Galant check in groups Practice RMT movement, Other Movement and create new movement Demonstrate new movement to large group
12.15 - 1.00	5. The Symmetrical Tonic Neck Reflex (STNR)	Show STNR check in groups Practice RMT movement, Other Movement and create new movement Demonstrate new movement to large group
1.00 - 2.00	Lunch	
2.00 - 2.45	Reflexes for the Hands and Feet General Challenges 1. Hand Reflexes - Hand Mouth Babkin and Grasp	Powerpoint Discussion Show Hand checks through behaviors and pen grips Practice RMT movement, Other Movement and create new movement Demonstrate new movement to large group
2.45-3.15	2. Foot Reflexes - Babinski and Infant Plantar	Show Foot through behaviors and foot and leg stress. Practice RMT movement, Other Movement and create new movement Demonstrate new movement to large group
3.15-3.30	Tea Break	
3.30-4.15	Reflexes for Emotional, Sensory, Social and Behavioral Development General challenges	PowerPoint presentation Discussion

	1. Fear Paralysis Reflex (FPR)	Check FPR through observation of behavior Demonstrate and Practice Prebirth leg movements Ear Unrolling Emotional Stress Release Chest Thumping (Tarzan)
4.15-5.00	2. Moro	Discussion Show Moro check in groups Practice RMT movement, Other Movement and create new movement Demonstrate new movement to large group
5.00-5.30	How to use in classrooms – ideas from other countries Closing – Certificates given	Discussion