



Building Block Activities for Educators

Brain Gym for children who have special needs

Saturday, May 29th

BUILDING BLOCK ACTIVITIES

- **What is Building Block Activities (BBA) ?**

BBA consists of seven passive movements, which include body and face tapping and massages. The movements are very safe and easy to do, and beneficial for babies, small children and children with disabilities. The BBA method is based on developmental movement patterns related to integration of the different parts of the body. It is a useful tool for educators, therapists and parents.

- **Creating New Patterns in your body**

We each of us have our own patterns of how to think, feel, behave, and use our bodies. Some children have a hard time focusing. Some throw tantrums when they are uncomfortable or anxious. Some children freeze up when they face difficult situations. Some lack variety in their play routine. It is important

to introduce new patterns of thinking and behavior to encourage growth in all directions.

- **Cecilia Koester, M.Ed.**

Cecilia Koester has worked as a teacher of children who have special needs both in public schools and in private practice settings since 1979.

She has guided parents, teachers and therapists in the use of specific strategies to help children who have special needs achieve their greatest potential. Her publications include the book: *I am the child: Using Brain Gym with Children Who Have Special Needs.*

Date: May 29th (Sat), 2016

Time: 9am-6pm (1 hour lunch break)

Cost: 19,440 yen

Location: Ensemble Meeting Room: 10-15 minutes walking from Higashitotsuka station (Location may change according to the number of the participants).

Instructor: Aya Takemura, M.Ed.

Please bring your own water, lunch, yoga mat and colored pencils. The transportation will be provided from Higashitotsuka Station.

Contact at info@ensemble.red to make a reservation.