

“Can Do” mentality with Mind Moves®

Zharina Wajoodeen

I have an 11 year old brother who was forgetful at school and struggled to concentrate. I knew my brother was not stupid or slow as they put it so I had to find a way to help him. I was determined to make him realize he can have a “Can Do” mentality and Mind Moves was the right platform to do just that.

I scheduled an appointment with Zharina Wajoodeen around July 2016. I had no idea what Mind Moves was all about but I was desperate and after the first session my parents and I felt a little relieved and also motivated to start our home programme. We were advised about how the brain works and also how my Prince processes information especially when stressed. This was a big Mind Shift for me, I have always been a high achiever, and we take “learning easily” for granted. We were advised to start the exercises and would soon see my Prince feeling better, but was also cautioned, against a ‘quick-fix’.

Zharina gave us hope that one should never give up on a child and my brother was committed to being a better grade 4 pupil. He was getting better grades and that made him happy- he knew he could be the best he could be if only he believed in himself.

Appointment after appointment, we saw small significant changes in my young champ. He was feeling slightly more confident and bubbly about his school work.

One of the toughest jobs is being a sister but when you are helping your brother be the best he can be, you know the job is not so hard after all.

Mind Moves is great institution for people to reach their full potential and even exceed it. If you are willing to work hard, the fruits you will reap will be worthwhile. I would recommend it to every toddler, child or adult because we are so quick to write a child off as “mentally challenged” whereas they just need a little push in the right direction.

I would also like to extend my gratitude to Zharina who was so eager to encourage and motivate us to keep going. My brother is a living testimony that the best gift you can give a child is a helping hand. Our Journey is not over with Mind Moves ... We move on slowly but together!

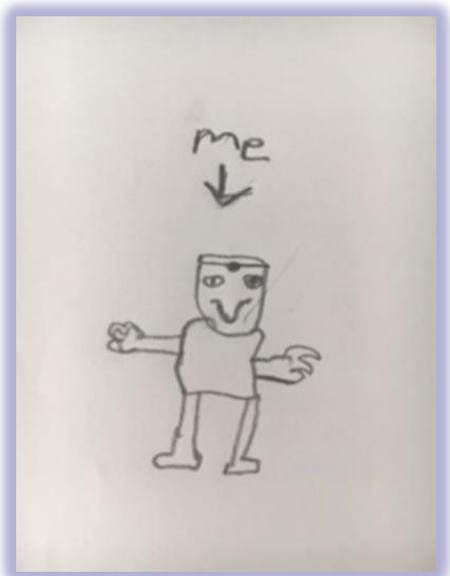
Regards, Sister of Thabo

I was very eager to meet Thabo and his family who were so keen to attend the first assessment session and who drove a far distance to get to me. When he arrived, I met a young boy who was reluctant to smile

and continuously would look down. His posture reflected uncertainty and it was clear that all was not well with him.

I had comfort in knowing that our journey would be guided by very caring individuals and with the correct guidance and support Thabo could accomplish a lot.

His reflex assessment indicated active primitive reflexes including amongst others the Withdrawal, Moro, and Rooting and Sucking reflex, this explained part of his struggle to concentrate and believe in himself. He seemed to have very little control over his pencil and used extremely hard pressure to draw himself.



His home programme focussed on the following exercises and activities at least three times a day:

- Antennae Adjuster
- Rise and Shine
- Mind Moves Massage

Additional activities was also suggested during outdoor and playtime:

- Skipping with a rope
- Playing on the trampoline
- Rolling on the carpet from side to side

Both his Mom and sister were very excited to begin this new chapter with him. I could see in his eyes a sense of some relief because these exercises made him feel immediately better and were enjoyable for him.

The sessions that followed slowly showed me a very confident little man who was smiling broadly and sitting straight up. Being the youngest and only son at home, I encouraged mum to get Thabo involved with simple chores around the house like peeling potatoes, making his own sandwich and washing his socks, and explained to her that these activities would play an important part in strengthening his fine motor muscles which would make writing tasks easier for him at school.

Our journey is not over yet and I look forward to learning and growing with this beautiful family.

[Zharina Wajoodeen](#)

Advanced Mind Moves Instructor

Lenasia

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