

Mind Moves® rewired my grandchild's brain and helped him to pass



Often we forget as parents and grandparents what it's like to try to sit still and concentrate, and we expect too much of our children.

My grandson Rudra* is 10 and a learner at a Primary School in Lenasia. It was during 2015, just after the first term that I was contacted by the school to be informed that Rudra was not doing well at school. I was told that he was having serious coping issues and could not keep up in class with the work load. It was suggested for me to perhaps consider home-schooling where he would respond better perhaps under individual supervision. I was deeply upset and felt desperate and helpless. As his grandma I knew that school was a challenge but not to that level. His mum was just as upset and also felt trapped because we had no idea on how to fix the problem.

My daughter was invited to attend a talk at the school regarding Mind Moves and warming up the brain for learning and this is where our journey of hope began. Rudra was then scheduled for a Mind Moves assessment by Zharina Wajoodeen, an Advanced Mind Moves Instructor in Lenasia and we were explained how one of the possible causes for Rudra having learning difficulties were due to him skipping his crawling milestone and perhaps also spending too much of time in his walking ring. We were given a home programme of exercises and it seemed almost too easy.

Due to financial reasons the option of home-schooling was not possible for us. We were determined to help our little boy and decided to persevere with the Mind Moves. Some of Rudra's exercises included rubbing the ears, the homo lateral and bilateral marches and lots of rolling and crawling. He was given hand exercises to help with his slow handwriting and encouraged to do his homework on a gym ball.

We learnt to understand how physical development and movement can help in rewiring the brain and strengthen and awaken the weaker parts of the brain and body. We work with him at home and Zharina visits him at school. I have attached Rudra's reports from the first term and then after doing the Mind Moves to his fourth term report. From completely not understanding his work, to managing to pass on his own, maybe not to others, but for our family, this was a very big deal.

Report Cycle: Term 1	Class: 4A			
Birth Date:	Date: 2015/03/19			
School Closes: 2015/03/25	School Reopens: 2015/04/13			
Subject	Descriptor Level	Exam Mark	Final %	Grade Average %
English Home Language (Gr 4)	1		29	64
Afrikaans First Additional Language (Gr 4)	2		39	66
Mathematics (Gr 4)	2		35	70
Natural Sciences and Technology (Gr 4)	3		45	74
Social Sciences (Gr 4)	4		50	69
Life Skills (Gr 4)	4		58	72

Assessment Decision:

Learner Final Score: 256/600

Learner Average: 42.67

Report Cycle: Term 3
 Birth Date:
 School Closes: 2015/10/02

Class: 4A
 Date: 2015/09/21
 School Reopens: 2015/10/12

Subject	Descriptor Level	Exam Mark	Final %	Grade Average %
English Home Language (Gr 4)	2		34	66
Afrikaans First Additional Language (Gr 4)	4		56	67
Mathematics (Gr 4)	3		47	61
Natural Sciences and Technology (Gr 4)	4		58	72
Social Sciences (Gr 4)	1		22	58
Life Skills (Gr 4)	6		72	71

Assessment Decision:

Learner Final Score: 289/600

Learner Average: 48.17

Report Cycle: Final for Year
 Birth Date:
 School Closes: 2015/12/09

Class: 4A
 Date: 2015/11/30
 School Reopens: 2016/01/13

Subject	Descriptor Level	Exam Mark	Final %	Grade Average %
English Home Language (Gr 4)	3	42.00	49	67
Afrikaans First Additional Language (Gr 4)	4	65.00	52	63
Mathematics (Gr 4)	3	60.00	48	63
Natural Sciences and Technology (Gr 4)	4	75.00	53	60
Social Sciences (Gr 4)	2	52.00	36	65
Life Skills (Gr 4)	5		67	71

Assessment Decision: Promoted

Learner Final Score: 305/600

Learner Average: 50.83

Rudra is in grade 5 this year. I got a call from his class teacher last week and immediately went cold on the phone thinking the worst. The teacher pleasantly surprised me to let me know that Rudra was doing ok and was managing. I think at this time a big rock fell off from my shoulders.

Mind Moves has changed Rudra's life and our lives as a family because we see life differently now as parents and grandparents. I am so grateful to the School for introducing us to Mind Moves and Zharina Wajoodeen who is still working with Rudra who has still got a farther way to go.

Rudra's Grandma

* Pseudonym