



## KIDS-MOVE

### Catch a Brain Wave Fitness Fun© Workshop

**Speakers: Shanshan Lui, Alice Lee &  
Charissa Chan (Master Trainers of Kids-Move)**

Enriching the Quality of Early Child Care the Kids-Move Way,  
through Music and “Brain-Based” Developmental Movements.

Developmentally appropriate movement is vital to the wiring of the young brain and in laying the foundation for a healthy life.

Come and experience a lively and informative workshop exploring the use of fun, songs and playful activities to support the integration of critical developmental movement patterns (aged birth – 6 years).

Participants will leave having a variety of new, research-based strategies for enhancing children’s play, either in large or small-group experiences.



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Catch a Brain Wave  
Fitness Fun©  
Professional  
Workshop

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Price: HK 1,800.00

Package Includes

1. Workshop fee
2. Course manual

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You will learn...



### Hands on Technique

Learn the Naval Radiation Technique to support developmental patterns in young children by helping them develop a sense of body and its connection to each of the limbs (2 hands, 2 feet, tail/base of spine)



### Critical Developmental Movement Patterns

Acquire skills to identify and help integrate the 4 critically developmental movement patterns: Spinal Movement, Movement, Homolateral Movement, and Contralateral



### Songs, Games and Activities

Understand how to support the integration of these young children through songs, games, and activities build the brain-body connection



### Classroom Strategies

Have fun exploring other valuable ways of using movement, involving strategies that can be easily classroom the very next day