



Fruitvale COVID message



We are at
level 4, August 28@11am

@SIOUXSIEW @XTOTL thespinoff.co.nz

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Kia Ora Koutou,

We remain in our bubbles for another two weeks. It wasn't surprising but still a little disappointing. We all want to get out of our bubbles or at least look at a different set of four walls and a different tree. Even a slight change to heavily embedded routines. This is where our creativity is challenged and our natural human resilience kicks in. We are naturally creative, we've just forgotten that we are. Creativity is often built on, or out of, the routines of everyday. Here's a routine to blow the covid fug away.

From an article my wife was reading online

Did you know that researchers have found that if you look in certain directions that you can access parts of your brain for learning? For instance, if you look up and to the left, you will access the visual memory portion of your brain. And if you can perform certain cross-lateral movements while looking in those certain directions, that you can build new neural pathways in the brain.



Of course, a full brain integration session would involve a more complete and specific union, but you can have your child do a basic cross crawl while looking in certain directions. This exercise will help your child process information in a cleaner, faster way, which is what we want!

The cross-crawl is easy to do. Just have your child march in place except have him hit his knee from the other direction while doing the march. For instance, if your child's left knee is coming up during the march, you'll have him hit it with his right hand, and so on.

Just remember to NOT let your child count while doing this exercise! I usually talk to students or sing songs with them while doing this, just to be sure.

So, why don't you give it a try and see if your children can get those bodies moving and help clear the "covid fug" out of their brains!

Be WARM Hearted it's good for you and everyone around you.

If there is anything I can help you with please let me know.

Maa te kimi ka kite

Maa te kite, ka mohio,

Maa te mohio ka maarama

Seek and discover, discover and know, know and become enlightened.



Nga mihi nui.... Donal Ph/text.. 0211296483