Why Move?
The Role of Perceptual Motor

Martha Eddy, CMA, RSMT, Ed.D.
Learning through Movement

- Infants and Toddlers learn about their world through Movement. As adults we can revisit “developmental movement” ideally with consciousness (somatic awareness).

- Bainbridge–Cohen OT, Bartenieff PT, Kestenberg MD*

are somatic educators who emphasize(d) the social and cognitive learning that comes from the rich physical learning environment of experiential exploration of perceptual–motor milestones (helpful for all children & adults also addressing delays, trauma, and disabilities).
What is Somatic Education?

- Somatic = The BodyMind Connection
- Soma = The Living Body (Thomas Hanna)
- Somatic Education = Learning to Pay Attention to the body in order to inform the mind – learning & deciding through body wisdom
- Somatic Tools: Breath, Movement (Including Neuromotor Development), Touch, Vocalization (Vibration),

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Appreciating Motor Development
Motor Development
Activities can be much

Related Fields:

- Neuro–Motor Development
- Perceptual–Motor Development
- Experiential Learning (somatic education)
- Movement Analysis (Laban)
- Creative Development
- Non–verbal Communication
Defining Kinesthetic Awareness

- The ability to perceive our bodies moving in space
- Using what senses?

Article on Movement and Learning
The inner ear helps us perceive

- Position
- Movement
- Balance
- Stopping
- Starting
- Changes of each of the above
Kinesthetic and Somatic Intelligences

- Kinesthetic Intelligence
  - Registers our movement in space
  - Recognizes stopping and starting, stillness
  - Awareness of our own posture and habits

- Somatic Intelligence
  - Body Wisdom
  - The body as a source of “mind”
  - Our internal barometers for self-regulation. The awake body best knows the potential for “wholeness”
Progression of

In Utero
- Tone
- Movement
- Light
- Tactile

ExUtero
- Smell
- Taste
- More varied tactile
- Auditory discrimination
- Visual components:
  - Monocular
  - Binocular Convergence
  - Accommodation
  - Tracking

Dr. Martha Eddy 2010
Begin with Recuperation & Move into Action

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Stages of NeuroMaturational Motor

(Bartenieff and Body-Mind Centering®
Terms for the progression of infant motor control)

- Breath = Breath
- Core-Distal Connection = Navel Radiation
- Head-Tail = Spinal
- Upper-Lower = Homologous (Symmetrical)
The Power of Breath

- Somatic Education uses movement, breath, voice and touch to increase awareness and choice
- Breath is a fundamental movement
- Breath patterns “organize” movement coordination
- Breath has rhythm
- Breath heals and increases oxygenation
Why is it Important to Movements teach/express:

- Physical Status (motor development)
- Artistic Expression (abstract &/or literal cognition)
- Social Skill (social–emotional)
  - View how we communicate using the body “body language”
  - how s/he “takes positions” in space with others

DANCE EXPRESSION WEAVES THIS ALL TOGETHER
Working with the Body in

- Learning deepens through engagement (movement)
- Non-Verbal Communication (reading cues)
- Including Movement Activities for Breaks
- “Reading the Body” Awareness of Differences/Appreciation of
Defining Somatic Activity

- Slowing down for physical awareness
- Using Breath, Movement, Touch, Sound
- Uses sophisticated movement principles and practices (including neurodevelopmental)
- Experience the psycho-physical/ the body is filled with emotions – present, past and perhaps future
- Working with Facts or Exploring the Less Known
Embodied Cognition = Movement

Benefits of Movement
- We are designed to move.
- Movement is part of recuperation (important for attention).
- Movement focuses attention (Moving eyes to pay attention)
- Movement is engaging (and enhance memory)
- Movement can reinforce cultural learning

Challenges
- Movement can be disorderly
- Movement needs space
- Movement brings up feelings
- Movement may be too stimulating (retriggering trauma)

NEED TO SET UP SAFE SPACES for MOVEMENT
What is Laban Movement

A formal framework for viewing movement behavior

The Body in Space with Feelings and Adaptations

LMA provides an entry point for exploring “moving self”

- integrated mind-body-psyche
- technical skill, performance enhancement (music, arts, computing, dance, sports, cultural rituals)
- an approach to creating and thinking through systematic movement exploration -
Resources

- Dynamic Embodiment
- Moving On Center
- Body-Mind Centering Association
- Center for Kinesthetic Education: Wellness Through Movement at home playgrounds schools & hospitals
- Laban/Bartenieff Institute of...
References from Dr. Eddy

- Eddy, Suggs & Chiate (2011) EyeOpeners DVD
  www.EyesOpenMinds.com

  London: Intellect Press.

  Xanedu Press.