



MeMoves
user's guide

MeMoves™
Mind Body Connect

Thinking Moves LLC
River Falls, WI 54022
www.ThinkingMoves.com

Creators of:

LifeMoves™

A special thanks to all our "Movers":

Amina, Amy, Angel, Anna, Anne, Annie, Blue, Caoline, Darien, Emily, Gryphon, Haisheng,
Isaiah, Jack, James, Jay, Jericho, John, Junie, Laura Dawn, Lawrence, Louis, Louise,
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WELCOME

We started this work because one child was struggling and overwhelmed by the world around her. In the past few years we've seen thousands of children and adults whose lives have been changed because their nervous system is calm and alert. For some that means they can learn more easily, while others might be able to participate in groups or make eye contact.

MeMoves cuts across technology and taps into our primitive and intuitive need to listen, move, and connect. Most of all, MeMoves helps people of all ages calm their minds and remove the stresses that hinder development.

Our wish for you is that MeMoves can help you (or your child) learn to navigate through the world more easily.

Chris Berta

Chris Bye and Roberta Scherf

ONE

What is *MeMoves*

At its core – MeMoves is a tool for self regulation that helps calm and focus the nervous system in just a few minutes. The surprisingly simple, yet powerful combination of music, movement and images is designed to fully engage the user so they do not have extra bandwidth to attend to stress causing external signals.

A meditation in motion, everything about MeMoves was carefully designed to activate and support a calm and attentive state. Used by people of all ages and abilities as a transitional tool and priming activity, it activates the parasympathetic nervous system, resulting in emotional regulation and behavioral change.

Easy to use and requiring no classroom reconfiguration, the heart of this patented system is the MeMoves DVD. MeMoves also includes a music CD and textured pattern cards that provide additional ways to calm and center the user.



TWO

Getting started

Insert the DVD, choose a category from the menu (Joy, Calm or Focus) and select a sequence. Have your child mirror (imitate) the people on the monitor. They can use the same side of their body as the performer, or the opposite side.

Try to keep time with the moves and the music. It is okay not to do each movement perfectly.

MeMoves™ can be used standing or seated, whatever is most comfortable. MeMoves™ can be done alone or in a group. Ideally, families do MeMoves™ together. The steady tempos, varied movement sequences and intergenerational cast make it accessible to everyone, young and old, with a wide range of abilities.

Children with ASD or similar diagnoses may experience perseveration; they may want to use MeMoves™ continuously for an extended period of time. If this occurs, limit MeMoves™ to no more than 10 to 15 minutes per session.

There are no set rules for when to advance to a new sequence. Generally, the sequences are arranged by increasing difficulty. Each user proceeds at a different pace. Most people begin with an easier sequence, followed by a more difficult one.

Note to parents: Explore the sequences on the DVD to learn which best match your child's abilities. Initially, we recommend performing the sequences together.

If your child experiences auditory sensitivity on a particular sequence avoid the sequence or play it with the volume turned down.

When to do **MeMoves**.

- Before school
- Prior to quiet, indoor activity
- Before studying and homework
- In the car
- Prior to doctor visits or therapy sessions
- Before stressful events or anytime anxiety is present
- When you or the caregiver need a quick break

MeMoves™ may be done several times a day if desired. It may become difficult to concentrate and be fully engaged if MeMoves™ is practiced for periods longer than 15 minutes.

THREE

Best practices for using MeMoves

- It is not important to imitate the moves correctly. What is important is for the user to become emotionally and physically engaged to the degree they are able. MeMoves works because each user interacts with the sequences in the manner that feels best for them.
- Use MeMoves daily (2 or 3 times a day) for several weeks when starting out. For those with ASD, the greatest benefits are often realized at 4 to 6 weeks.
- When used in a group setting, the entire group should participate to the degree they are able. Individuals who do not participate can be a distraction and significantly reduce MeMoves' effectiveness.
- MeMoves does not require a "live" human leader. What makes MeMoves so engaging are the smiling, kind and varied people on the screen. Their welcoming faces provide a consistent and reliable connection that allows the users to feel safe and confident.
- When introducing MeMoves, take extra time and explore the different sequences on the DVD with the user(s). This removes uncertainty and allows the user to identify favorite sequence(s). Once comfortable with MeMoves, we recommend doing no more than 2 -3 sequences during any one session.
- Every child is unique, and what may work for one may not work for another. Some users may respond instantly to MeMoves, while others may take more time.

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MeMoves. Pattern Cards and CD

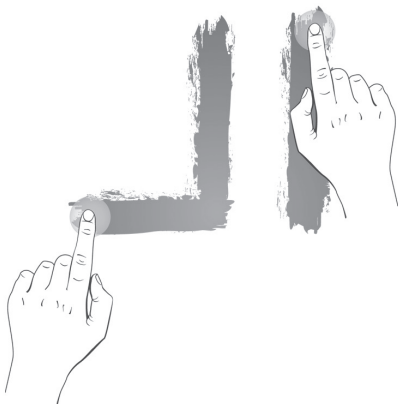
Pattern Cards *Sold Separately*

The MeMoves™ Pattern Cards provide those with low vision or specific sensory challenges a unique way to interact with MeMoves™. The Pattern Cards may be used in combination with the MeMoves™ music CD, with your own selection of music, or on their own without music. For group use, separate the cards from the ring attachment and distribute to individual users.

Have your child use their fingers to trace the different shapes on the pattern cards in the same way they would move their hands following the shapes on the DVD. They should try to arrive at the end of each shape (or at a corner) keeping time with the beat of the music.

For example, using the pattern cards that contain the shapes “L” and “straight line,” have your child use their finger to trace the “L” shape, while a finger on their other hand moves back and forth on the “I” keeping time to the music’s steady beat.

See illustration on following page.



Feel free to experiment: Mix and match shapes, cross hands, turn the pattern cards upside down, reverse direction, start with one (or both) fingers at mid-shape – anything you can think of to create new challenges.

CD

The MeMoves™ music CD contains all of the music found on the DVD. Use the CD with the pattern cards to keep time to the music as you move your fingers across the shapes. Or, just listen to the music to help calm and focus your mind. Many find the music helps them relax at night before going to sleep.

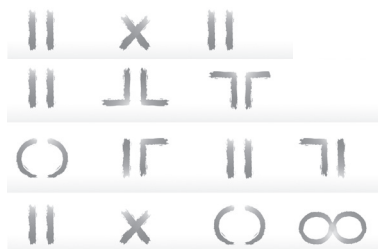
There are two versions of each song on the CD. One with the “click track” (found on the DVD) and a version without.

FIVE

MeMoves.sequence and music chart

The music in MeMoves™ connects the physical movements to an emotional experience. Much like a movie soundtrack, the music creates a mood, setting and an expectation. While each part of MeMoves™ is important, it is the music that provides an emotional perspective.

Joy



1.	Dance	50 bpm	2:02
2.	Rain Somewhere	60 bpm	2:15
3.	Mice**	50 bpm	2:36
4.	Dance	50 bpm	2:45

bpm = beats per minute

Calm



1.	Old Thumb	40 bpm	2:07
2.	Pneumos	50 bpm	2:59
3.	Procession	50 bpm	2:48
4.	Old Thumb	40 bpm	3:16
5.	Eclipse	60 bpm	2:01

bpm = beats per minute

Focus



1.	Laudete	44 bpm	2:47
2.	Procession	50 bpm	3:25
3.	Eclipse	60 bpm	2:56
4.	Rain Somewhere	60 bpm	3:50

bpm = beats per minute

Please visit our website at
www.thinkingmoves.com



Important Notice:

The creators, producers, participants and distributors of this program do not assume liability for injury or loss in connection with this program or the instructions therein.