

## Feuerstein and movement in a group session



Movement is a special modality with a lot of possibilities in the Feuerstein method. The general benefits of mediation through movement will be described and also the benefits that working in a (small) group gives.

Four different parts in the movement session in the videos will be distinguished:

1. Entering the gym
2. Doing the obstacle track.
3. Free play time
4. Finishing together.

### 1. Entering the gym:

To have an orderly beginning of the session some strict rules have to be necessary. The order for the children will be 'when you come in first you go and sit on the chair, then you take of your shoes and socks and finally you wait until everyone is ready'. Taking of shoes and socks has also a behavioral order in itself. Untie the laces or fixing band, then loosen it, hold the heel of the shoe with the hand and pull it away from you etc.

So the mediator will direct on the criteria of Regulation and Control and Goal directedness and planning. And next to that since the session is done in a group situation the children can also behave and learn by imitating their neighbor. So in contrast to an individual mediation by pointing the children on the behavior of the other children the transfer from a group session to for instance the school or family situation can be bigger.

### 2. Doing the obstacle track:



#### 4. Finishing together

After playing time the session finishes with an activity with the three children together. This is a transfer from a free situation to a structured one. This transition will ask a transition in the Regulation and Control of the behavior of the children. Transitions like this will also be demanded in their school situation. This Transcendence should be mediated to the children. Next to that, finishing together of course strengthens the feeling of Belonging. Most of the time they walk back to the waiting room proudly holding each other's hands!

