



Mindstretch News: Evidence and Experience

At Mindstretch, we're all about your child thriving. We ensure our teachers receive ongoing education. We also offer specialized intramural activities to help every child overcome learning challenges. [Read here](#) about a few of our proven evidence-based methods for delivering bright futures.

Perceptual Skills, Ongoing Education

Our teachers recently attended a **workshop on perceptual skills** to better understand how children process sensory information. We also learned of many for fabulous new activities for the classroom. By laying a good [perceptual skills foundation](#), we support later reading, writing, and comprehension.



Kinderkinetics, Why we Support it

Our **weekly Kinderkinetics programme** helps our ECD kids develop essential movement skills through fun, active play. It's a great way to support healthy growth and coordination.

Thanks to Caitlyn Olivier at [MOVE Kinderkinetics](#) for her excellent sessions. Perhaps try some of the movement activities she offers in her article here: [Kinderkinetics at Mindstretch.](#)



Caitlyn Olivier

BSc Sport Science | BSc Hons (KINDERKINETICS)

REGISTERED KINDERKINETICIST

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🌐 www.movekinetics.com

📷 [move.kinetics](https://www.instagram.com/move.kinetics)

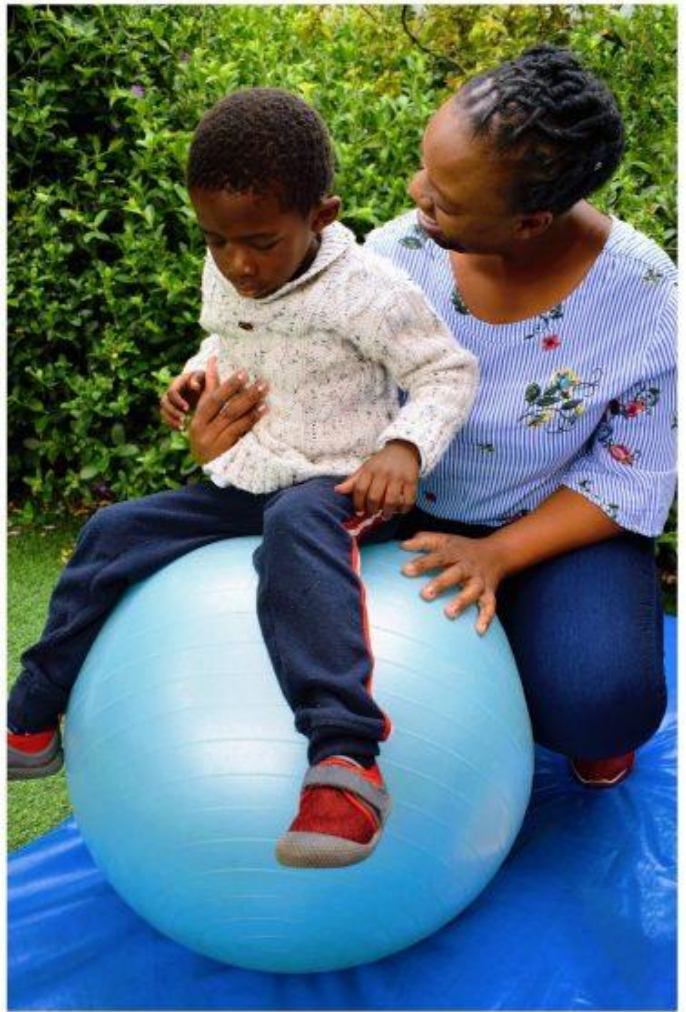




Proprioception, What it Means

Children with learning challenges can have difficulty **sensing where their bodies are in space**, a sense called proprioception. They may struggle to move smoothly, join activities, or stay calm and focused. By adding proprioceptive activities to our school day, we help our learners feel calmer and more focused. And then they learn and play better.

Learn to **identify if proprioceptive input is needed**, and find **games to try** with your child: [Proprioception and How to Improve it.](#)

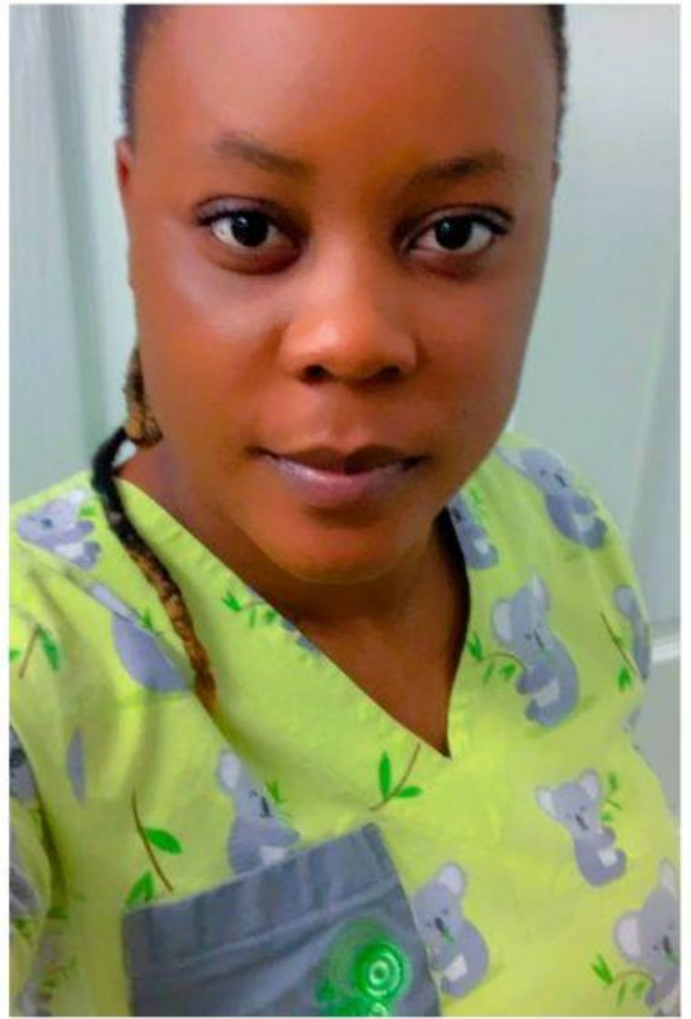


Their Success is Our Success

It delights us to see our Teachers succeed. Massive congratulations to **Kellie-Jane and Warda** on graduating with their **NQF Level 5** qualifications.

We also got a lovely surprise from **Donna**, a former Mindstretch teacher who's now pursuing her **PhD in America**. She sent us a note and photo where she proudly sports her Mindstretch tunic. As she put it, "I swore to take it with me everywhere, until it's unwearable!"

It's moments like these that truly show the lasting impact of our Mindstretch family.



Forever Learning and Improving.

We're based in Pinelands, Cape Town. Let us help your child succeed.

