



# Kinderkinetics: Learning Through Movement

Shared by Caitlyn Olivier, MOVE Kinderkinetics

A big thank you to Caitlyn for her weekly Kinderkinetic sessions on our junior campus. It's our pleasure to offer this **impactful programme as a complimentary intramural**. Discover the powerful concepts of Kinderkinetics here.

What if movement could be the key to unlocking a child's full potential? What if simple physical activity could help them learn, self-regulate, and excel in the classroom? That's where Kinderkinetics comes in – **combining fun and purpose to support children's growth in mind and body**.

What is Kinderkinetics?

Kinderkinetics is a **movement-based intervention** that supports the physical, emotional, and neurological development of children from birth onwards. Through purposeful play-based activities we help children build critical connections between their bodies and brains – essential for their growth and development.

For children with autism, ADHD, or other learning challenges, Kinderkinetics can be especially powerful. **Movement strengthens the mind-body connection** – improving coordination, motor planning, focus, emotional regulation, and even language and social interaction.



## How it Works at Mindstretch

At Mindstretch, I run weekly small group sessions with **a different developmental focus each week**. This includes:

- Balance and coordination
- Core strength and posture
- Sensory regulation
- Crossing the midline
- Visual-motor integration
- Cognitive and memory skill

We cycle through these areas of focus, building on each skill week by week. The repetition reinforces key concepts and helps children develop a deeper understanding and mastery of each skill.

Many of the children began their Kinderkinetics sessions feeling nervous and unsure, often hesitant to engage. But as the weeks progressed, their confidence grew remarkably. Now, they're eager to explore, take initiative, and actively participate in the activities – from balancing on one foot to confidently following multi-step instructions. We see **progress in their physical abilities, confidence, and self-regulation skills**.





## How Movement Helps Kids with Learning Challenges

Children on the autism spectrum or with attention, sensory, or motor delays often struggle with:

- Body awareness and coordination
- Sitting still or staying focused
- Following instructions
- Managing frustration or sensory overload

Kinderkinetics uses movement to support these areas in a structured, safe, and playful way. It turns therapy into something children look forward to – and it **builds real, measurable progress over time**.

**Making therapy into something children look forward to.**



## Simple Activities to Try at Home

Try these **helpful activities** with your child.

- **Animal Walks:** Try different animal walks and frog jumps to build strength and coordination. See this website for ideas and descriptions: [Animal Walks](#).
- **Homemade Obstacle Courses:** Use chairs, cushions, or tape to guide crawling, jumping, and balancing.
- **'Simon Says' with Actions:** A game to build body awareness and listening skills. See this video for an example: [Simon Says](#).
- **'Heavy' Work:** Carrying books, pushing laundry baskets, wall push-ups, and similar activities help kids regulate
- **Dance Breaks:** Use music for movement and rhythm – it's great for brain-body connection!



## About MOVE Kinderkinetics

I'm Caitlyn, a registered Kinderkineticist at [MOVE Kinderkinetics](https://www.movekinetics.co.za). Based in Cape Town, I offer mobile therapy (at home or at school) for children of all abilities, either individually or in small groups. My mission is to help every child build confidence, connection, and joy through movement, with the goal of fostering their independence in everyday life.

I'm fortunate to work alongside my incredible colleagues at MOVE Kinderkinetics, who support families across Stellenbosch, the Northern Suburbs, Blouberg, and Fish Hoek. Together, we're dedicated to helping children thrive through movement – no matter where they are.

**Want to learn more or book a session?**

Email: [team@movekinetics.co.za](mailto:team@movekinetics.co.za)

**Mindstretch offers a rigorous and comprehensive Programme. We recommend Kinderkinetics – we've seen the benefits.**