

**Make a Move**  
moving for the mind

**Working with  
children**

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Its amazing to see the transformation he has made, and he is now learning and much happier.

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**Using movement to  
engage children in the  
curriculum**

We use a child-centred approach to:

- Raise aspirations
- Increase confidence & self esteem
- Improve behaviour
- Improve engagement
- Build a sense of belonging

**Make a Move: a creative approach to wellbeing**



## A unique approach to pupil engagement

We work with targeted groups of children to achieve specific outcomes in • cognitive • physical • emotional • social & personal development as well as for health & fitness.

We enable children to use movement as an expressive instrument of communication and expression. Transforming children's thoughts into movements develops their awareness of themselves and their relationship to others and their community.

We work with groups for 1hr per week for 1 or 2 terms. Sessions usually have 8 children.

*"Oliver has not been engaged in learning for a very long time. Its amazing to see the transformation he has made and he is now learning and much happier."*

*"Jordan has always struggled to stay in class. He finds it difficult to manage his anger & needs to work outside the classroom every day. By week 4 he was remaining in his classroom along with his peers."*

**Make a Move** is a charity made up of, and working with, expert practitioners to support children, young people and older people, new mums, employers & the community. We design and run tailored sessions and projects using movement and other creative approaches to well-being.

The importance of connection is fundamental to our work – the connection between body and mind, and connections between people. We take our work seriously but aim to inspire laughter, encourage a sense of fun and promote happiness.

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To find out more about what we do visit [www.makeamove.org.uk](http://www.makeamove.org.uk)

To make a donation (thank you) go to [mydonate.bt.com/charities/makeamove](http://mydonate.bt.com/charities/makeamove)

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