

NEUROTANGO® FOR KITA CHILDREN by Daniëlda Krämer

Note on the background of Simone Schlafhorst's concept.

Did you know that about 30 percent of children already have severe motor impairments at the time of the school enrolment test? These relate to the simplest exercises such as standing on one leg or walking backwards. The deficits in the motor area are neurologically directly linked to cognitive and emotional areas. Therefore, movement is not only good for later grading in the subject of sport, but also supports e.g. solution-oriented thinking, spatial perception, improvisation and abstraction skills.

Anyone who studies child development a little will quickly find out that movement plays an essential role in it. Through motor activity, through the interaction between brain and body, between "I" and "environment", "me" and "the others", motor skills, cognitive and social competence are learned and optimised in childhood. Movement changes and creates anew. Not only the positions of things in relation to each other, but also the external and internal state of things.

If something or someone has moved, then a change or an effect can always be detected. Conversely, change (the effect) also brings about new movements. One could say that human beings develop out of movement. Children feel this intuitively and instinctively. The urge to move is innate, for example, to learn to walk and to learn all motor skills. Music also creates an immediate impulse to move. You can already notice this in toddlers who immediately start bobbing to the rhythm when the music plays.

The use of movement with music is a particularly good way to promote the general, neurological and motor development of children. It is known from neuropsychology that good body awareness supports healthy personality development. The mental image of the body and one's own movements in the brain is thus sharpened, which promotes the child's overall development. Dancing as a social act also develops a sense of community and openness towards others. Thus dance contributes to the holistic development of children. These findings are optimally used in Neurotango® therapy and in Neurotango® courses to support both adults and children in their development processes.

The focus is on perception, joy and self-expression. With playful exercises, "Neurotango® for children" can be designed to offer them an interesting field of experimentation. In this way, children are stimulated to be creative and try out their motor skills. They thereby gain a valuable improvement in their body perception and movement skills. The Neurotango® tools adapted for children can be used for general developmental support as well as therapeutically.

No matter in which field you work and live with children (as an educator, therapist or teacher), the Neurotango®Tools can be a good complement to your work.

You are welcome to contact me about the exercises or a concept. You can get the Neurotango® children's dance guide at: danielidalima@web.de

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