

## Improving Learning Abilities and Inclusion through Movement: The Movi-Mente© Method

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**Abstract :** Currently, challenges regarding preschooler children are mainly focused on a sedentary lifestyle. Also, motor activity in infancy is seen as a tool for the separate acquisition of cognitive and socio-emotional skills rather than considering neuromotor development as a tool for improving learning abilities. The paper utilized an observational research method to shed light on the results of practicing neuromotor exercises in preschool children with disability as well as provide implications for practice.

**Keywords :** children with disability, learning abilities, inclusion, neuromotor development

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