

The Writing Eight Exercise and Its Impact on Kindergartners

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Abstract : The aim of this study was to analyze the impact of the Writing Eight Exercise, an exercise from the Brain Integration Therapy, with Kindergartners who are struggling with writing tasks in school. With the help of this exercise, children were able to cross the midline, an invisible line running from our brain to our feet, which separates the body's right from left. Crossing the midline integrates the brain hemispheres, thus encouraging bilateral movement. The study was spread over 15 weeks where the children were required to do the Writing Eight Exercise 4 times a week. The data collection methods included observations, student work samples and feedback from teachers and parents. Based on the results of this study, it can be concluded that the Writing Eight Exercise had a positive impact on students' approach towards writing tasks, letter formation, and fine motor skills.

Keywords : crossing the midline, fine motor skills, letter formation, writing

Conference Title : ICEEL 2017 : International Conference on Education and E-Learning

Conference Location : Vancouver, Canada

Conference Dates : August 07-08, 2017