

Early Learning Movement Program.

MAXIMISING CHILDREN'S OPPORTUNITY FOR LEARNING AND DEVELOPMENT



What is the Early Learning Movement Program?

The Early Learning Movement Program uses the power of movement to strengthen children's concentration, learning, behaviour and overall development. It is an evidence-based, neurodevelopmental program that enhances children's ability to focus, regulate, build confidence, develop social skills and engage more fully in learning.

Educators guide children through simple movement sequences for just 15 minutes at the start of the day, creating a calm, connected routine that supports their development and prepares the whole group for learning.

This integrated approach enhances school readiness, supports developmental foundations and builds children's capacity for lifelong learning and wellbeing.

How does it work?

Movement supports brain development by strengthening the pathways that help children focus, regulate, connect, learn and feel safe in their bodies. Intentional movement helps the brain organise sensory information, improve executive functioning and support nervous system regulation, allowing children to manage emotions and engage more confidently in learning.

The program draws on current research in early brain development and neuroplasticity (the brain's ability to grow, adapt and strengthen connections). Through repeated, purposeful movement, children strengthen the sensory, motor and regulatory networks that underpin learning, behaviour and social connection.

Who is it designed for?

The program is designed for Early Childhood educators and teachers working with children aged 3–5 years. It supports developmental areas such as attention, physical coordination, sensory-motor skills, speech and language foundations and emotional regulation.

While highly beneficial for neurodiverse children or those with developmental delays, the program supports all children (and even the educators delivering it) by promoting regulation, connection and a predictable, smooth start to the day.

How is the program delivered?

The program is delivered through a **two-day professional development course** that equips educators with the tools, confidence and developmental understanding to support children's learning, behaviour and wellbeing through movement.

To ensure effective implementation and sustained benefit, the program includes:

- **A progressive 4-term structure (4 × 10-week programs)**, each term building on the last
- **5-week check-in (in person)** - support, troubleshooting and practice refinement
- **6-month check-in (in person)** - review progress and deepen educator confidence
- **Ongoing online Q&A support** - accessible guidance whenever needed
- **Training manual + printed infographics/resources** - clear, practical tools for daily delivery

Grounded Motion Therapy integrates Exercise Physiology expertise into ECEC settings, giving educators practical knowledge of early brain development, sensory-motor foundations, emotional regulation and movement-based strategies that support cognitive, physical and social-emotional wellbeing.

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Program benefits for Early Learning Centres

- Practical tools educators can use immediately to support regulation, learning and behaviour
- A group routine that activates and regulates children and prepares them for the day
- Daily movement practices that are simple, flexible and take only 15 minutes
- No equipment required. Low burden, cost-effective and easy to embed across routines
- Strengthens educator capability in early identification, developmental understanding and embedding movement-rich, play-based practice
- Supports trauma-informed and neuro-affirming approaches through simple strategies for calming, co-regulation and emotional regulation
- Reduces reliance on high-intensity interventions by strengthening universal, preventative supports
- Adaptable to different developmental levels, ages and learning needs
- Demonstrates clear, evidence-based outcomes that represent strong value for money
- Accessible for regional and remote centres, we come to you!



Priority developmental areas supported by the program

Social & emotional learning

Physical Development

Confident & involved learners

Executive Functioning

Safe, inclusive neuro-affirming practice

Smooth transitions & behaviour support

Communication & connection

Readiness for learning

Wellbeing & mental health foundations

Our program is aligned the Thriving Kids Initiative through its focus on universal supports, educator capability, early identification and neuro-affirming practice.

Work with us!

We know every early childhood service is unique, so we work with teams to shape workshops that fit your needs and context.

Let's talk about making movement a foundation for learning in your centre.

To explore how the Early Learning Movement Program can fit into your centre, contact:

Katie Winter

0431 178 661

groundedmotiontherapy@gmail.com