



Writing for Children

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'The Deadwater Mystery' Book

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To: Dorothea Bassett, Brain Gym and Kinesiology Practice,

Dear Dorothea,

It was wonderful to speak to you yesterday after so many years.

I was one of the teacher assistants who bounced our way to cheerful alertness ten years ago at the WAATA Annual Conference at Observation City, Scarborough, in 1999 or 2000.

The impression of your exuberance and obvious good health stuck with me all this time.

Later I took the one-day course and felt confident enough to help children at risk of developmental delay.

I was entrusted with a group of six children to trial your training.

They were mid-year, in grade two, and way behind their classmates.

All had experienced personal horrors that many adults have never had to endure. They were coming up to seven years old and still not remembering characters or forming letters correctly.

They were battling to read or write while their peers were happily knocking out paragraphs, pages even!

I tailored the Brain Gym sessions to their overall and specific trauma needs.

Four mornings a week for two school terms, my little group joyfully did what they called their 'yoga' before each reading comprehension session of half an hour.

By mid fourth term, all six were reading, writing and acting their comprehension skills.

By the end of the year they were assessed and found to be only six months behind classmates!

One boy was writing whole pages and another couldn't stop at two pages! All six talked more and willingly joined in activities. The teacher was amazed and proud of their progress.

The children's self image and social skills improved dramatically and they were much happier generally. They felt 'normal' among their classmates and everyone benefitted.

Sadly, I was unable to interest others in pursuing Brain Gym. And to cut a long story short, I now write novels for children and intend to incorporate Brain Gym into my sessions when visiting primary school children in the classroom.

I have had other successes, but this was the most dramatic and highly memorable.

To this end I am making every effort to refresh my skills at the Albany one day session on 23rd October this year. Hopefully I will make it.

Until then, yours sincerely, BJ Stuart.