



Unlocking Learning Potential Through
Brain-Body Integration

THRIVE NEURO MOVEMENT PROGRAM

INTEGRATING BRAIN, BODY & REGULATION FOR CLASSROOM SUCCESS

The Thrive Neuro Movement Program is a targeted, movement-based intervention for schools, designed to build the physical and neurological foundations children need to flourish in the classroom. By focusing on foundational neuro-developmental movement patterns and primitive reflex integration, the program helps ground and regulate the nervous system—creating an optimal state for learning and behavior.

- **No Expensive Equipment Needed:** Exercises designed for the classroom
- **Just 15 Minutes a Day:** Short, targeted sessions designed to fit easily into busy schedules.
- **Seamless Implementation:** Fits effortlessly into existing daily classroom routines.
- **Sustainable & Practical:** Easy for teachers to lead with confidence.
- **Measurable Results:** Clear tracking tools to monitor progress in regulation, focus, and learning.

Bilateral Integration & Midline Crossing:

Coordination routines that bridge the left and right hemispheres of the brain, essential for fluent reading, writing, and spatial awareness.

Ocular-Motor Skills:

Visual tracking and eye-teaming exercises that improve reading fluency, copying from the board, and visual focus.

Focus & Self-Regulation:

Grounding exercises and intentional breath patterns calm the nervous system to improve sustained attention and emotional balance.

Auditory Processing Systems:

Movement routines that sharpen listening pathways, helping children process auditory instructions with greater clarity in busy classroom environments.



Building the Brain-Body Foundation for Learning

During a 2024 trial run at a local primary school in Whangarei, a cohort of Year 2 students undertook the Thrive Neuro Movement program. In over just seven months (February–September), this program paved the way for remarkable breakthroughs in regulation, emotional balance, posture, focus & attention, fine motor skills and reading growth.

Key Data Summary

- **Average Reading Growth:** +6.8 reading levels per student in just 7 months (Feb–Sep 2024).
- **Success Rate:** 100% of tracked students showed positive growth.
- **Top Individual Gains:** Up to +11 reading levels in a single period.
- **Advanced Readers:** Students working at upper benchmarks consistently maintained top-tier performance (23+)

51.6% overall reduction in Moro Reflex Scores.

By settling this primitive stress response, students experienced remarkable leaps in emotional self-regulation, reduced sensory overload, and steady classroom focus.

80% Reduction in TLR Retention Scores.

By integrating this fundamental postural reflex, students built core stamina and visual control—dramatically reducing slouching and fatigue, easing restless fidgeting, improving coordination, and sharpening the visual tracking essential for fluent reading.

80% Reduction in Landau Reflex Retention Scores.

Integrating this bridge reflex strengthened upper-body tone and postural stability—significantly reducing postural and cognitive fatigue, sharpening concentration and short-term memory, and easing the physical strain needed for precise fine motor skills.

72.2% Reduction in STNR Reflex Retention Scores.

Integrating this crucial posture-and-focus reflex helped students align their upper and lower body control—reducing restless fidgeting, stabilizing posture, and improving hand-eye coordination, focus, and the binocular tracking needed for smooth reading and writing.

75.9% Reduction in ATNR Reflex Retention Scores.

Integrating the "fencer's reflex" unlocked critical cross-body brain connections—improving handwriting, midline crossing, and ocular motor control to ease reading difficulties and help students seamlessly translate their ideas into written work.

Calming the Spinal Galant Reflex.

For students who began the year with an active Spinal Galant reflex, 50% made direct, measurable progress toward integration. Calming this lower-back trigger drastically reduces restless fidgeting, improves attention and focus, supports better short-term memory, and can significantly aid in bladder control.

60% Overall Improvement in Visual Tracking.

85.7% of students with initial tracking difficulties made measurable gains—developing the smooth visual pursuits essential for keeping their place on a page, reducing eye strain, and driving effortless reading fluency.

