

PROGRAM BENEFITS

Our Stick with Character program /product offers practical information, activities and techniques that can be applied to everyday tasks and challenges. Through your P.E. program, you are helping your students achieve academic success! Here are many of the benefits you will receive:

- **Brain Integration:** practicing the proper stimulation and challenges for strengthening and integration of the brain
- **Character Development:** Mountain Thinking™ is the core of the character training to establish a building-block process for character development, self-control, and performance
- **Physical and Mental Development:** Attributes such as coordination, rhythm, timing, focus, balance, reaction, and speed are enhanced and learned
- **Bamboo Sticks Exercise:** Physical activity to build focus, coordination, teamwork and brain integration
- **Breathing Techniques for Self-Control:** To create calm and enhance focus
- **Dojo Control™:** Critical thinking questions that stimulate the desire for students to be in charge of their behavior (rather than a teacher or parent being in charge of them)
- **P.E. Framework:** fits in with state standards for rhythms and dance, fundamental movements, along with critical thinking and decision making skills

And most importantly, students love the training. Over 40,000 students have enjoyed our programs in the Midwest alone. Students have a lot of fun!



Teacher and Student Comments

“In the nine years that I have been involved with character education, I have never seen a program that was so meaningful to students. Parents were very vocal about their support of this program and the positive influence that it had on their children!”

Deborah-Principal, Parkway Schools

“We saw students attend to the MAP tests in ways they had not attended in the past...teachers saw far greater test-taking performance than on tests over the preceding years...our students and staff have been positively affected by the theme, focus, and language of this program!”

Ginny-IC, St. Louis Public Schools

“Students not only learn concepts of character education but they immediately put those concepts into action. Teachers, administrators, and parents were pleased with the students ability to apply the concepts into daily interaction!”

Debby-Dept. Chair PE, Villa Duchesne/Oak Hill

“You taught me to stay calm, I am frequently doing that during tests. Thank you!”

Ben-Student, 3rd Grade

“I used the “mountain thinking” in the Missouri Math Competition and did very well.”

Noelle-Student, 2nd Grade



Presents....

Stick with Character™

*Strengthening Student
Achievement through Self-Control*



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STICK WITH CHARACTER™

Moving with Character™ offers a program for students known as **Stick with Character™** (SWC). Students learn the ancient techniques of martial arts stick work and the importance of focus, respect, self-control, perseverance, etc., as they practice with partners to achieve their goals. While **Stick with Character™** focuses on strengthening a person's character traits, it also focuses on brain integration and development. Brain integration is a process of combining movement, rhythm, and coordination to strengthen the connection between the left and right hemispheres of the brain thereby improving academic performance and success. The strength of our brain integration is what accounts for the strength of our balance, coordination, cognition, learning and understanding.

Brain Fact

It has been estimated that 20% of the children in our schools have serious problems with convergence (when vision from both eyes comes together in order to focus); in more than 70% of those students, the problem is related to the early lack of crossing the mid-line (this refers to crossing over the mid section of the body).

SWC Fact

SWC crosses the mid-line an average of 1,400 times when practiced for ten minutes. And students love doing it!

BRAIN INTEGRATION

100 years ago the Industrial Revolution began a trend of decreased movement by individuals. People have become more sedentary in the last century and this lack of movement has had a direct impact on brain integration.

Rhythmic movement, as a part of learning, will enable the human brain to learn faster and retain learning longer. **Stick with Character™** introduces rhythmic movement into the learning environment so that individuals retain their learning faster and longer and improve

their understanding and coordination of information. Brain integration through movement is literally “exercise for the brain” according to Dr. Jim Fadigan, CEO, chairman and founder of Learning Point, Inc. and Learn To Learn, Inc., psychologist and brain specialist. Dr. Fadigan, who endorses **Stick with Character™**, believes that “the lack of brain integration is one of the major contributors to ADD and ADHD.”

Brain Fact

The key factor with both ADD and ADHD is that sections of the brain are not fully developed, which contributes to one's inability to complete a given task, which in turn creates a state of arousal in the brain that prevents a student from being able to focus or be still.

SWC Fact

Because students enjoy the SWC program and are self-motivated to stay on task, brain integration is easily accomplished and students now have an experience of successfully completing a task.

CHARACTER DEVELOPMENT

Stick with Character™ introduces and focuses on many aspects of individual character including responsibility, self-control, respect, practice, perseverance, appreciation, and self-discipline.

The character goal of SWC is to teach individuals how to apply **positive character traits** when handling everyday life situations. The framework used to learn and experience these character traits is called the “Mountain Thinking™” process. This process involves a variety of **mental and physical tools** and techniques that allow students to gain a better understanding of, and an ability to manage, their own actions and emotions.

MOUNTAIN THINKING™

The Mountain Thinking process establishes a **building-block system for character**

development. The Mountain Thinking process teaches individuals:



- **Responsibility** – taking charge of themselves and ownership of their own actions
- **Respect** – expanding their understanding of appreciation for themselves, others, and their environment
- **Self-Control** – learning to calm and control their emotions at anytime
- **Practice** – lessons and techniques to teach learning, training, and self-discipline
- **Perseverance** – how repeated effort creates the belief which enables the students to go beyond their limitations
- **Perform** – putting mind, body, and heart together to go through any challenge

Students learn how to apply each character trait of the **mountain thinking™** that can be applied to any task, activity, situation or challenge in your school.

To schedule your school or inquire about our other all school programs or products contact:

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