

Therapeutic Eurythmy (TE) for school age children who are showing difficulties with developmental, learning and emotional skills:

TE promotes a healthy development of the four 'bodily' senses in conjunction with the developing tactile, autonomic nervous, sensory-motor and vestibular systems of the physical organism and the neural pathways associated with them. These senses - *touch* (sense of being incarnated), *life or well-being* (being open for learning/stamina), *self-movement* (proprioception, bilateral integration) and *balance* - underlie and provide the basis for all higher mental and emotional functioning later on. Many factors in our time make it more difficult for children to penetrate into their bodies through these lower senses in a full or healthy way. The result is that they cannot take full charge of their bodies. They often retain some of the early or primitive reflexes that nature has given us until we gain conscious control over the body. These children have more difficulties learning because they are still involved in the process of completing their 'normal' development. TE can be a great help here. Through strengthening and repeating specific archetypal (eurythmy) gestures and movements a practice is given of setting new patterns or forces which work into and bring the soul and bodily constitution into order.

TE also works with the forces of the upper and lower human being (i.e., the *head/thinking* forces and *limb/will* forces). An imbalance or particular configuration of these forces (often found manifest in dental anomalies such as open-bite, overbite, deep-bite, under-bite or crowding) can be cause for specific difficulties in behavior and learning as well. TE works with behavioral and learning difficulties by providing a balancing of these forces. Numerous series of TE extended over several years have been shown to even correct the dental anomalies mentioned here.

Asthma, allergies, bed-wetting and other more health related and/or medical conditions affect some children's self-esteem and their ability to be more present and positive in class. Many of these conditions have also been successfully approached through TE.

For high school students, there are different challenges in their development. Amongst many other changes, the brain undergoes the second myelination during puberty. This often times results in lack of focus and concentration, forgetfulness and tiredness. In our time, students face the new challenge of finding the right balance in dealing with technology and media. The symptoms mentioned above might be accentuated when media is too dominant in a student's life. TE has a balancing and harmonizing effect on the nervous system and restores forces in the whole organism, which might have been depleted by overuse of media and technology. TE has a positive effect on the development of self-esteem and is a great tool for students who face anxiety about the future, which is not uncommon during this age