



## Learning to Learn: How to use Tooties to teach basic learning skills and self-generated learning abilities through movement

By **Thea van Eijk-Looijmans**

Optometric Extension Program (OEP) Foundation  
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\$38.50 available from <http://goo.gl/2sKMb>

Tootie Toss <http://goo.gl/RyJ87>

Tootie Launcher <http://goo.gl/UnT3M>

Tootie Bounce <http://goo.gl/dX7XJ>

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*Learning to Learn: How to use Tooties to teach basic learning skills and self-generated learning abilities through movement*, by Thea van Eijk-Looijmans is a guide written for therapists, optometrists, teachers and parents on the fundamentals of Tooties and how they can be used. These ideas can be incorporated into a patient’s therapy program. Based on the descriptions of what Tooties are, I feel they can best be compared to a “bean bag” type object. Although the activities in this book are shown using Tooties, any type of object can be used in place of Tooties. There are a multitude of different activities discussed in this book that are geared towards children of any age, but can be modified to fit an adult patient’s therapy program. These activities can help those with traumatic brain injury and athletes as well. They are designed to assist in the development of adequate motor, visual and thinking skills.

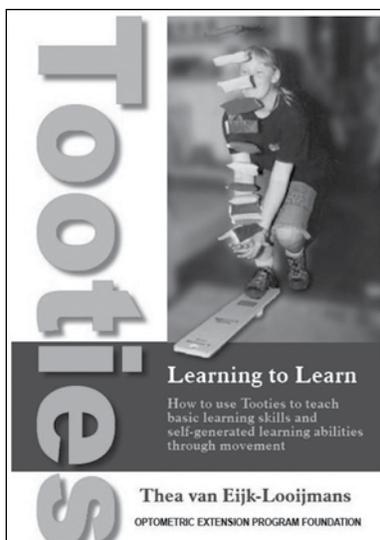
The book is broken up into different sections, with the first being an introduction to educate the reader on the diagnostic and therapeutic uses of Tooties. It also discusses the self-guided learning process and how one learns through personal experience

and experimentation. The text emphasizes how the patient must discover on their own how to complete the activity given to them with very little instruction. It may even set the patient up for failure, but because of this they will develop better skills (such as focusing, planning, persistence, and concentration). All of these skills are needed for success in learning.

The history of Tooties and the different types of Tooties available are reviewed in detail. There are a variety of sizes, weights, and textures of Tooties. Some are big, small, light, heavy, squishy, and bouncy. Each type or size of Tootie was designed to give the patient a different experience in therapy. The many types of Tooties provide an enormous amount of variation on only a few activities. It is recommended that the families or schools ideally have a variety of 500 Tooties.

There are a number of add ons that you can purchase with Tooties. The Tootie Launcher, Tootie Bounce and Tootie Toss are discussed in detail. All of these add ons are designed specifically for Tooties, however if you were to purchase these separately they could be used

with other objects that serve the same purpose as well. The authors feel that The Tootie Launcher is the most important piece of equipment to have for use with Tooties. They state that it is effective in improving tracking, catching, balance, and self-learning through experience. It works by having the patient step on one end of an elevated rectangular board, when doing so the Tooties placed on the other end are “launched” into the air. With all three pieces of equipment it is emphasized that the patient should figure out on their own or with minimal instruction how these should be used. All incorporate catching, tossing, tracking, and other motor, thinking and visual skills.



There are many activities that are explained without using the Tootie Launcher, Toss or Bounce. Activities incorporating motor skills like tossing, bouncing, and stacking. There are also activities that develop visual thinking skills such as memory, figure ground, visual closure and form constancy. There is also a section on developing basic math skills.

All the activities described in this book can be modified by using any object that can be thrown,

caught, stacked, and bounced. Therefore, this book can offer many ideas on how to incorporate visual motor and/or visual thinking skills into your practice if you do not already do so. It can also show you how to manipulate the techniques you may already be using to make them easier, more challenging or even enjoyable for your patient. Using Tooties could lead to more effective techniques and better success for your patients.