

THE MINDCAP MOMENT

NEWS YOU CAN USE

WELCOME TO THE 8TH EDITION OF THE MM! »»»

This edition of *The MINDCAP Moment* has been updated to reflect some of the changes around The MINDCAP Center, including Summer Parent Tips, updated summer Feuerstein training, Parent Discussion Workshops, adult and child book recommendations, two game reviews, an update from the Lending Library, a new cognitive skill (labeling), and information on the Client Portal.

Looking for something fun to do this summer? Consider opening a new membership to a local business! Visiting a place more than once helps learners build familiarity, allowing for a deeper dive with repeated experience. Where should you join? There are many options in the Fort Wayne area, including **The Fort Wayne Zoo, The Botanical Gardens, Science Central, the YMCA, Sky Zone, or TekVenture.**

PARENT SUMMER TIP: MEMBERSHIPS «««

FEUERSTEIN SUMMER TRAINING OPPORTUNITIES
www.mind-cap.org/training »»»



FIE TRAINER GRETA EHLERS

Cognitive Enrichment – Level 1 (formerly Standard 1) will be offered beginning in June with trainer Greta Ehlers. The course will meet five times in person, from June 15-June 19th, 2026. Cognitive Enrichment – Level 1 is a cognitive skills program for use with ages 10-adult.

Cognitive Key – Level 1 (formerly Basic 1) will be offered from June 29-July 3rd, 2026 with trainer Greta Ehlers. This course meets in person. Cognitive Key – Level 1 is a cognitive skills program for use with children under age 10.

For questions or to receive a registration form, please email info@mind-cap.org.

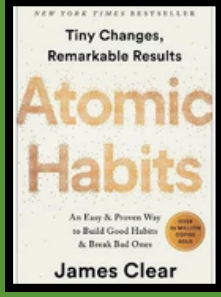
We'd love for you to join us for the next Parent Workshop! Simply view the Parent Workshop video available through the Client Portal, prepare the 5-question worksheet in advance, and register to join either a live or Zoom Parent Discussion Workshop by emailing info@mind-cap.org. Parent discussions allow caregivers the opportunity to fellowship with peers and ask questions of MINDCAP mediators. All parents and guardians are welcome to attend as many times as you'd like! Email info@mind-cap.org if you haven't yet received the Parent Workshop link, or to reserve your spot at a discussion. Parent workshops will be held in person and via Zoom on:

PARENT DISCUSSION WORKSHOPS
««« *Recommended by all mediators!*



- Monday, June 8, 2026 In-person 5:30 PM - 6:30 PM
- Thursday, June 11, 2026 Zoom 7:00 PM - 8:00 PM
- Thursday, July 9, 2026 Zoom 7:00 PM - 8:00 PM
- Monday, August 10, 2026 In-person 5:30 PM - 6:30 PM

ADULT BOOK RECOMMENDATION: ATOMIC HABITS
by James Clear »»»



Atomic Habits by James Clear is a #1 New York Times bestseller that provides a framework for improving life through small, consistent changes, or "atomic habits".

Author James Clear argues that focusing on systems, not just goals, and mastering tiny behaviors leads to remarkable results over time, using principles from biology, psychology, and neuroscience to explain how to build good habits and break bad ones.

Key concepts include the Four Laws of Behavior Change (Make it Obvious, Attractive, Easy, Satisfying) and the idea that identity-based habits are the most powerful.

- Order your copy from Amazon or your local bookseller today!

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NEWS YOU CAN USE

Summer season scheduling has started, and fall is right around the corner! If you'd like to schedule summer sessions and/or a Summer or Fall Intensive, please don't delay...email Mollie today at info@mind-cap.org.

SUMMER & FALL SCHEDULING

««« *Going on now!*

COGNITIVE FUNCTION IN ACTION: LABELING



In the Feuerstein Method, "labeling" refers to the act of defining, categorizing, or naming objects, actions, or concepts, which is a critical cognitive function within the **input** phase of the mental act.

Why are labels important?

- Labeling helps us remember what we are doing
- Labeling helps with **input** because it names what we see
- Labeling helps us organize our thoughts and ideas
- Labeling helps us think through our mental processes
- Labeling helps us understand and apply characteristics
- Common labels help aid communication with others

Rack-O is a classic 1956 numerical sequencing card game for 2-4 players (ages 8+) where the goal is to arrange 10 cards in ascending order (lowest to highest) in a plastic rack. Players draw and replace cards, aiming to be the first to get their rack in order and shout "Rack-O" to win the round.



GAME REVIEWS: RACK-O & TOOT AND OTTO



Toot and Otto is a two-player strategy board game manufactured by *ThinkFun* that plays similarly to Connect 4 but with a spelling twist. The Goal: One player is assigned the name TOOT and the other is OTTO. You win by being the first to spell your assigned name—horizontally, vertically, or diagonally—within a vertical grid.

THE LENDING LIBRARY

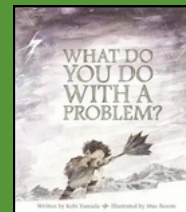


The Lending Library has been up and running since December 2025, and so far, clients and families have been loving it! We currently have just over 30 games and 115 books to lend out to our MINDCAP families.

Since opening the Lending Library, we've had 36 books checked out and 220 games checked out so far!

Borrow a book or game today and enjoy your borrowed materials for a week at a time, or bring back at your next scheduled session.

What Do You Do With a Problem? is a #1 New York Times best-selling children's picture book written by Kobi Yamada and illustrated by Mae Besom. Published in 2016, it is part of a popular series that includes *What Do You Do With an Idea?* and *What Do You Do With a Chance?* The book follows a young child who unexpectedly encounters a problem. Initially, the child tries to avoid, ignore, and even hide from the problem, but the more they worry, the larger and more persistent the problem becomes. Eventually, the child gathers the courage to face the problem directly. Upon closer inspection, they discover that the problem is not as scary as it seemed—inside, it holds a hidden opportunity for learning, growth, and bravery.



CHILDREN'S BOOK RECOMMENDATION: WHAT DO YOU DO WITH A PROBLEM?



A picture book by Kobi Yamada

THE CLIENT PORTAL

available through MINDCAP's website



Have you checked out the new client portal yet? On this password-protected section of the website, you will find resources including Power Tools, Cognitive Strategies, game recommendations, and the Parent Workshop videos. If you haven't yet received the link and would like to, please email your request to Mollie at info@mind-cap.org.