

Praise for The Five Star Program®

"In June of 2014, Mariola gave a brief presentation in the school where I teach. When asked by my principal if I would be interested in having further training, I of course said yes. I worked with Mariola that summer to help prepare for the school year. Mariola visited my kindergarten classroom a number of times during the year and provided me with wonderful training. By using the Five Star Program®, Brain Gym® and the Take-A-Break area in my class, I noticed that my students were calm, focused and were able to accomplish a lot of work. I look forward to implementing this program in my classroom again this coming year."

—Kindergarten Teacher



"I tried the Five Star Program® with my ESL students (grades 3–6) during summer school for almost four weeks and I observed a noticeable improvement in some of my struggling readers. The students came to me with limited reading skills and after two weeks I began to see growth in some of these readers. The students enjoyed participating in the program and I felt the greatest benefit was that the students learned to coordinate their eye and hand movements which helped them copy notes from the whiteboard with greater speed and accuracy. In addition I noticed that my students after just two weeks showed improvements in their memory and reading skills.

—ESL Elementary Schoolteacher

"This program has brought me to the Stars. When I am stressed I do Hook-ups. I do love the massage train because it relaxes me and allows me to have fun at the same time. These two things help me find my inner peace. Being able to let my body get loose after a test is like a dream. This program really is Five Stars."

**—Fourth Grade Student
after Common Core test**

"Any skepticism held by teachers diminished after a week or two. Students appeared enthusiastic about their participation in the Five Star Program®. Students in other classes expressed their desire to participate."

**—Remedial Summer Middle
School Coordinator**

"Thanks for coming in and teaching us the Five Star Program®. Trust me it has been really helping. I use it everywhere I go: home, school, doctors. I used to stress a lot but now since I have the Five Star it really helps me. I made my own relaxation area at home and I love it soooooooooo much."

—Fifth Grade Student

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