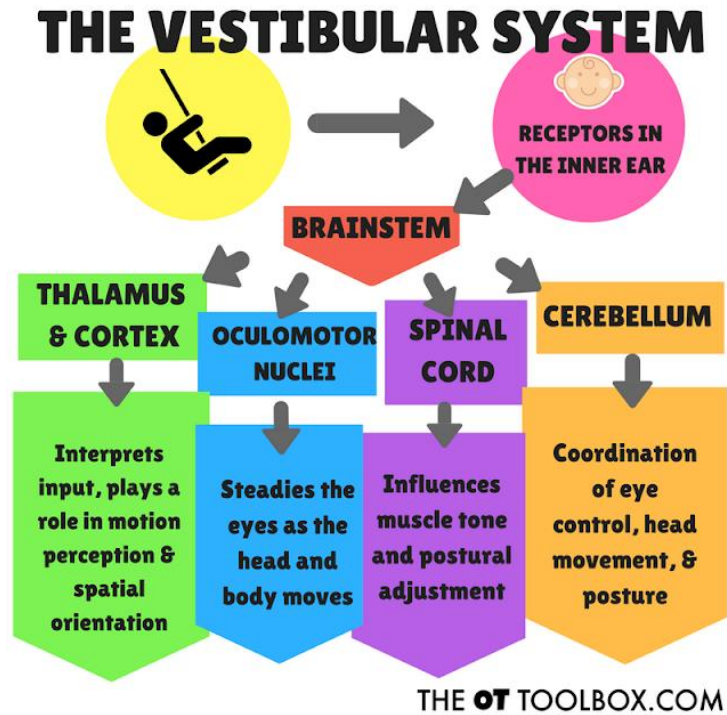


Sensory related term to learn:

Vestibular refers to our internal sense of balance which is found in our ear in our semi-circular canals. Each area responds to different types of movement—up/down(gravity), side to side and rotary. We need this system to work in order for us to sit still, pay attention, and stay focused.

Reflex Exercise: Superman-Lie flat on your tummy, possibly in a resting position. Then tell them to make the Superman pose and they should raise their head and chin off the floor, and extend both their arms and their legs out in a straight line. All that should be touching the floor is their tummy. Hold this position for 20 seconds and repeat three times.



Kinesthetic Activity: Spinning—Space is needed, outdoors or gym spaces work well. Encourage students to arms straight out, heads down at a 30° angle. Practice with eyes open or eyes closed. Spin about 15 seconds and then rest for 15 seconds. Do at least 5 times in a row. Direction does not matter, but it is good to change it up as children like variety. Spinning can also be done on spinner boards, tire swings, or just by doing windmill exercises. Having them bend their bodies at different angles stimulates different parts of the semi-circular canal.

Fine Motor Activity: Tearing-Students need to use the muscles in their hands, but with control. Choose activities that fit the child’s ability—from ripping one-inch wide strips of newspaper to making squares, triangles and circles that can be used in math class to ripping numbers that also could be used to practice reading number value. Art lessons also could use the skill of tearing.

Visual Activity: Track the Teacher-At the lower grades, just have their eyes (not heads) track your movement. Older students can track the end of a pencil, a laser pointer that find a close-up letter of choice and a far a way letter (somewhere in the room). The goal is not to learn the letter, but rather to focus the eyes close up and then quickly to a far-away object.

Auditory Activity: Identify that Sound- Have students turn-around from you. Younger students could identify simple sounds like a bell, paper crumpling, hand clapping etc. Older students will enjoy the many options a teacher could find at Soungle.com.

Some resources were compiled from: S.M.A.R.T. at actg.org, *The Well Balanced Child* by Sally Goddard Blythe, *Disconnected Kids* by Dr. Robert Melillo, *A Moving Child is a Learning Child* by Gill Connell and Cheryl McCarthy, and <https://ilslearningcorner.com/> Check out their videos. Karen Grunwald 10/18/19

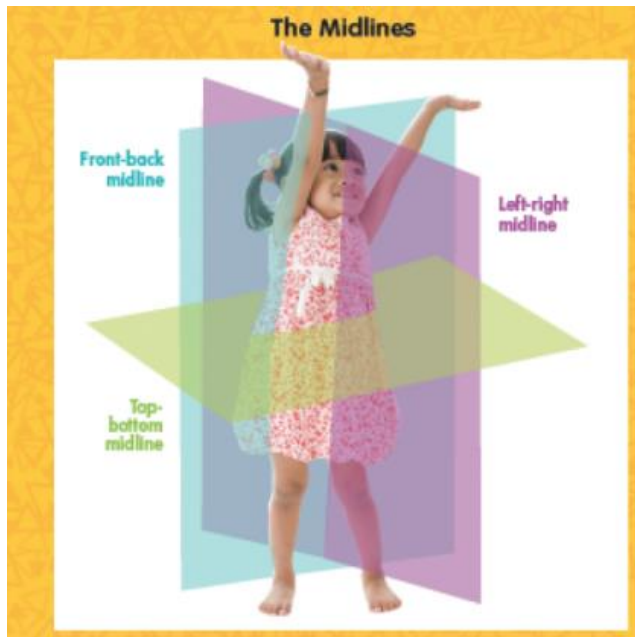


Image from: *A Moving Child is a Learning Child* by Gill Connell and Cheryl McCarthy

Sensory related term to learn: Midlines and Laterality—Each person has three different midlines including left/right, top half of body/bottom, and front/back. Laterality has to do with being able to do something with one part of the body and keep the other parts still.

Reflex Exercise: Snow Angels- Lay on the floor—Arms over head together, feet together, then arms down to sides, feet out. Repeat 10 x daily. Do slowly.

Kinesthetic Activity: Crawling—Creep tracks-p. 69 S.M.A.R.T. The words on the creep track should be review as the skills of this track do not involve learning new material. The real skills here are the pattern for crawling and eye tracking from left to right. You can do simple creep tracks by just putting a little Velcro on the back of words and placing them on the floor in a pattern. Spacing for Creep tracks is PK-1: 10-11", 2-3:12-13", and 4 and above:14-15".

Fine Motor Activity: Textures—This has to do with tactile awareness, or how something feels. Based on their age, have students trace shapes or letters on someone else's back or into their hand. Use the eraser end of a pencil or a smooth end of a plastic pen and see if your friend can determine that shape or letter.

Visual Activity: Scanning game—You can use almost any printed paper for this. Have them circle or color the letter or word suggested. Another way to do it is to have them circle a letter then underline until they get to the next letter then loop that one too, and continue. Older students could use pages from a newspaper or magazine. <https://www.pinterest.com/toolstogrowot/visual-scanningtracking/?lp=true>

Auditory Activity: Rhyming activity—Garbage—Write lists of rhyming words on slips of paper. Have the kids crumple them. Next, they choose two and if they rhyme they keep them out. If not, they crumple them and keep looking for rhyming combos. (Connect to their level of ability.) <https://littlemindsatwork.org/all-about-rhyming-freebies-included/>

Some resources were compiled from: S.M.A.R.T. at actg.org, *The Well Balanced Child* by Sally Goddard Blythe, *Disconnected Kids* by Dr. Robert Melillo, *A Moving Child is a Learning Child* by Gill Connell and Cheryl McCarthy, and <https://ilslearningcorner.com/> Check out their videos. Karen Grunwald 10/18/19

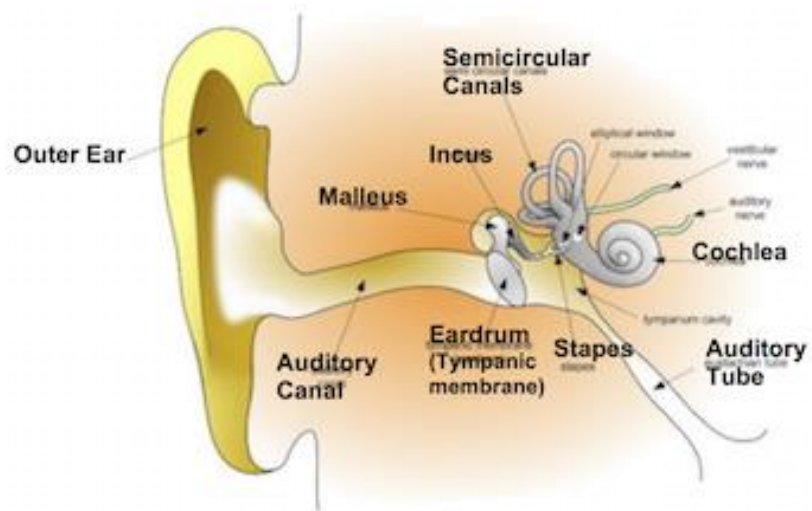
Sensory related term to learn:

Auditory-Refers to the ability to hear, but also connects to being aware of the different pitches of sound, emotional tones, and the ability to process lots of sounds with understanding quickly.

Reflex Exercise: Cat/Cow-

Cat-Kneel on the floor and be on all fours like a cat. Your back should be parallel to the floor and your arms and legs should be perpendicular. Then arch your back up and put your head and neck down. Do this slowly.

Cow- Now arch your back down (like a u) and put your head up and bend back with it. Repeat 10 x daily.

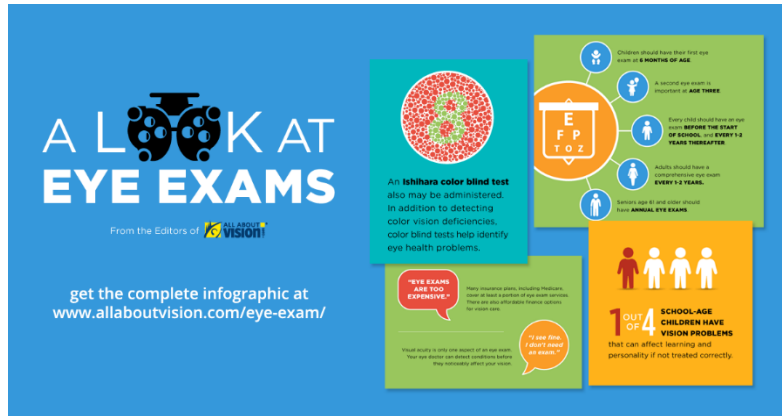


Kinesthetic Activity: Jumping and Hopping-Jumping involves the whole body where the legs provide the movement and the arms the momentum. Hopping is where one leg jumps and then they land on the same leg. Think jump rope games and hopping relays. Rebounders are also great for this.

Fine Motor Activity: Tracing—Rainbow tracing S.M.A.R.T. p. 88 Trace shapes, letters, numbers, or words. This can be done on paper, on a white board, or even on the playground with chalk. Start with using the lightest color and keep copying the item until you get to the darkest color.

Visual Activity: Tensi, Dice, or Domino activity The goal is to quickly determine similar and different. For example: Start with shaking all ones, and keep trying to get the rest of the die to be one, then move on to twos, etc. This could be modified to be a game of adding or multiplying a few dice—since the goal is move the hands and quick eye actions. It also helps with processing speed.

Auditory Activity: Use lists of same and different words. Examples include: leave-leave, lunch-bunch, pen- pan, bean-beam, etc. The goal is to be able to tell if the words are the same sounds or different. S.M.A.R.T. has compiled Monthly Discrimination lists that focus on closure and blending.



Sensory related term to learn: Visual Efficiency and Perception-Sight involves the ability of the eye to recognize objects, but visual efficiency has to do with smooth and controlled eye movements and visual perception has to do with the ability to interpret those surroundings.

Reflex Exercise: Starfish—Cross arms, tuck head, cross legs, and bend as low as possible to get into a ball by dropping to one knee. Close fists. Hold this position for 8 seconds. Breathe in and out slowly. Then slowly stand up and stretch making your arms and legs into a big X. Head should lead back and hands should open. Now repeat, only crossing the arms and legs in the opposite direction. Repeat this whole process 3 times each day.

Popcorn-Younger students may do this similar activity. Lay on your back and get into a ball with your chin to your knees. Your arms should hold your legs off the floor. Hold 20 seconds, then pop and lay flat on the floor with arms and legs out. Repeat.

Kinesthetic Activity: Skipping- This is a rhythmic activity that involves a step and a hop on one foot followed by the same on the other foot. Find time to do this when lining up from recess, etc.

Fine Motor Activity: Nuts and bolts, Legos, plastic water bottles with caps or any other small item that involves twisting, pushing, or pulling apart. Theraputty, playdough, and slime also work for fine motor skills.

Visual Activity: Bouncing and catching balls My students love using the tennis ball for this, but younger students may need larger balls. Switch which hand catches and throws it and catch between two students if space allows or have one student throw and the other catch the ball with a plastic cup. Closing your hand around the ball helps with the Palmer Grip.

Auditory Activity: Listen and follow instructions—Play Simon Says—Remember, this can be used to review info from other subjects also such as Math. Think geometric terms and angle sizes.

Sensory related term to learn: Proprioception-the ability to use muscle control to resist gravity. Muscle movement stimulates the brain. A child may struggle with: 1. postural instability meaning they can't stay still in a chair, 2. writing, 3. coordination, 4. riding a bike or tying shoes.

Some resources were compiled from: S.M.A.R.T. at actg.org, *The Well Balanced Child* by Sally Goddard Blythe, *Disconnected Kids* by Dr. Robert Melillo, *A Moving Child is a Learning Child* by Gill Connell and Cheryl McCarthy, and <https://ilslearningcorner.com/> Check out their videos. Karen Grunwald 10/18/19

Reflex Exercise: Archer—Stand with your left arm extended to the left and upward. Face that direction with your head, neck, and left foot. Then do the same only do each move to the right. Repeat 10 x daily.

Alligator—This happens on a mat on the floor. Have the right knee up and have the right elbow touch it. The head faces left to extended left arm. Now, push forward using your tummy muscles and feet. Then left knee up, left arm touches it, head faces right to extended right arm. Have the student move on a mat or floor using the opposite arm and leg simultaneously. Tummies should stay tight to the ground.

Kinesthetic Activity: Balance walking—Make straight, zig-zag, curved, or figure eight type paths out of masking tape on the floor. Students should walk on the line, with one foot in front of the other. You can also mark spots where they need to stop and do a balance pose. Using balance beams does the same thing, but adds the challenge of if they are not balanced they fall off—which makes them work even harder at being balanced.



Kinesthetic Activity: Try to have all of them use the horizontal ladders or just hold themselves up for a length of time.

Fine Motor Activity: Cutting—From straight lines to zig to zag to neat cutting around designs from magazines. Watch how they hold the scissors and encourage change as needed.

Visual Activity: Basic Vision—This is done with a light (S.M.A.R.T. p.160) Ideally this will be done in a dark room with one light, but from experience I know that they need this, so just start with a dark classroom. The goal is to have

the pupils in their eyes adjust quickly and this helps them with focus. Close your blinds and turn off all lights. You could choose to talk through Memory Treasures, math facts, spelling words etc.—because what you talk about is not the issue. The goal is to turn the lights on, then off often so their pupils need to adjust to the different amounts of light.

Auditory Activity: Auditory Closure (S.M.A.R.T. p. 113) Have a list of words—perhaps from a reading book that you are using. Take off part of the word—i.e. What is ommy? Mommy What is op-orn? Popcorn. For month to month ideas, see the S.M.A.R.T. resource.

Some resources were compiled from: S.M.A.R.T. at actg.org, *The Well Balanced Child* by Sally Goddard Blythe, *Disconnected Kids* by Dr. Robert Melillo, *A Moving Child is a Learning Child* by Gill Connell and Cheryl McCarthy, and <https://ilslearningcorner.com/> Check out their videos. Karen Grunwald 10/18/19

Sensory related term to learn: Kinesthetic- Tactile learning sensation that involves movement of joints, muscles, or tendons.

Reflex Exercise: Rainbows and Half Rainbows-Hold fingers back to back (cup shaped) about ten inches in front of you. With your eyes, look at your fingers and slowly raise your arms upward. When they are too high to see, focus on an object in the distance. Repeat 3 times. Half rainbows mean one arms stays in front of you and only one moves. Still move just your eyes to follow the moving hand.

Kinesthetic Activity: Jumping on the Rebounder- They all love the rebounder—and it is a great item to use when practicing math facts etc. with those who struggle. It helps build automaticity. Or, just have them read down a number pattern list as they jump.

Fine Motor Activity: Beading, sorting, or any activity that uses fine motor control. Pick up and stack dice with two pencils with eraser ends.

Visual Activity: Black Light-Use fluorescent word cards with words that students are working to master. Don't test them, just read them together. As they get better, test them in normal light. Once they master them, move on to new lists—20 words max at a time. (S.M.A.R.T. p. 230)

Auditory Activity: Sound Blending—or Stretch out the words with sounds. For example p-i-ck-le is pickle, or k-i-ck-b-a-ll is kickball

