Body Activated Learning Home Program Planning

Goals:
1) Self-Regulation, attention, focus
2) Body control
3) Fine motor skills and pencil control affecting prewriting/writing skills
4) Midline Crossing
5) Difficulties with reading and writing that may be related to visual skills
6) Managing transitions and navigating space

Home activities should be completed 3-5 times each week. There are many activity ideas included in the Expansion Pack but you don't have to do everything every day. Ideas for combining exercises include:

- Put a fine motor game at the end of an obstacle course
- Make stations around the room – Combine both whole body and fine motor or visual motor activities. Make sure to build in a Restore or Regrouping station or complete one of these exercises after the activity is over.
- Do a vision game, where after 10 repetitions, the child does a weight-bearing activity such as animal walks over to a fine motor game
- Try to do 1-2 Move, Learn, Connect or Get Ready, Get Set, Go exercises each time you do home exercises. This will train the eyes to work together faster with less fatigue.
- Follow up with Visual Motor Activities from Sit Up, Draw, Create to develop focal visual skills and pencil control for drawing and writing.

Transitions:
- Keep an On the Go sensory kit or small object that fits in a coat pocket that the child fidget with while standing in line.
- Incorporate Restore and Regrouping opportunities throughout the day to support calming and organization.
- Create a natural concrete end point to the activity (Ex: 3 more turns on the …and then it's time to put your shoes on to go home)
- Once you say you are going to leave, follow through without distractions if possible to make the transition smooth.
- Provide a transition bag/toy that the child receives once s/he has completed the transition sequence (ex: Socks, shoes, coat) to use in the car on the way to the next activity. Be sure to prepare the child for giving back the transition toy prior to moving onto the next activity. Again, use natural end points to a game or visual timers to make the transition easier.