

## **Summer Treatment Intensive Schedule: Ages 5-7**

### **9-9:15: Arrival, Morning meeting**

### **9:15-11:15: Sensorimotor Group with or without Tomatis**

In addition to utilizing the Tomatis Program in the first and last sessions, children will engage in a combination of movement activities in our state of the art sensory gym facilities. On the weeks where Tomatis is not embedded, activities involving music/dance/rhythm will be incorporated

#### **Energizing**

- Activities to support self-regulation and connection to the body
- Activities that provide increased input to the body via crashing into cushions/deep pressure/heavywork to facilitate increased body awareness and control for motor tasks

#### **Activating**

- Swinging and targeting games to build use of vision to guide body movements, improve balance/postural control in sitting, and develop spatial awareness
- obstacle courses to build planning/sequencing as well as body control for motor transitions
- Vision games on vertical surfaces to improve functional visual skills for reading and writing
- Embedded fine motor, drawing, visual memory, and visualization activities to develop foundations for writing and reading skills

### **11:00-12:00 Food Explorers**

Brain foods are a critical part of a child's diet that supports their ability to learn. However, many children are picky eaters, have a limited diet, or gravitate towards typical "children's menu" food items like chicken fingers and pizza. During this time, children will have an opportunity to engage in fun food art and make recipes that will teach them to be food explorers and put them on the road to better brain health for learning. Recipes, tips, and tricks will also be sent home for parents to carryover what they have learned. **Please notify us of any allergies or diet restrictions prior to the start of the session.**

### **12:00-12:45 Multisensory Tutoring**

During this time, tutors with a background in special education and knowledgeable in the principles of Body Activated Learning will engage in a variety of reading, writing, and math activities matched to the needs/abilities of the group. Initial screening information will be gathered at the start of each two week cycle to optimize activities and programming based on group needs. Children will be engaged in active multi-sensory activities involving whole body movement, tactile play, hand-eye coordination, and interactive learning materials to engage all the senses and support the bodies ability to internalize academic concepts.

### **12:45-1:30 Restore and Regroup**

Regrouping activities will include a combination of yoga movements, breathing activities/exercises, stretching, and vision breaks to facilitate recovery from skill demands, connection to the body, and self regulation. Restoring and Regrouping activities are designed to reduce

stress hormones and support focus and attention. Small opportunities to regroup are also embedded throughout the day to optimize each child's ability to sustain participation in activities.

### **1:30-2: Visualizing Success and Wrap up**

One of the best ways to support internalization of experiences and goal-setting for empowerment is to provide an opportunity at the end of the day to reflect on "sensational achievements" and visualize what you will accomplish/want to accomplish the next day. This wrap-up will be tailored to each group's abilities and developmental level to support participation and may include drawing, video diaries/blogs, writing, etc. Brief feedback will be provided to parents at pick up.

### **Tracking and Progress:**

Each cycle will include a progress summary and areas of continued support. Parents will also receive handouts and resources to support carryover at home and share what is being learned. For children attending multiple sessions, progress will be tracked over each session to update needs and next steps for programming/presentation of academic content.

### **Groups Facilitators:**

The program will be facilitated by an occupational therapist, educator, and children's yoga instructor with the support of an assistant who is currently training to work in the field of occupational therapy and has been trained by therapists at Sensational Achievements in Body Activated Learning.