

Developmental Foundations Activities and Benefits

Activity Category	Time Per Day	Benefits
Gross Motor Activities	20 minutes	<i>Improves:</i> <ul style="list-style-type: none"> • overall brain organization • organization of thoughts • correct interpretation of sense of pain • enhances interpretation of social signals • appropriate behaviors • develops / repairs central nervous system • proprioception (awareness of body in space) • Improves bonding and attachment • vestibular (balance) system • sensory system • convergence of eyes and eye tracking for better reading abilities • the function of the endocrine system, autonomic nervous system (responsible for allergies and asthma) and immune system • eye-hand coordination • concentration, memory, and learning • lymph system • muscle tone • endurance • safe driving abilities
Auditory Processing Activities	4 minutes	<i>Improves:</i> <ul style="list-style-type: none"> • auditory short-term memory • attention span • ability to follow directions • proficiency of utilizing phonics • maturity level • reading comprehension • conceptualization abilities which help with math word problems
Visual Processing Activities	4 minutes	<i>Improves:</i> <ul style="list-style-type: none"> • visual short term memory • visualization skills which help with spelling and math • visual discrimination
Tactile Activities	8 minutes	<i>Improves:</i> <ul style="list-style-type: none"> • sense of pain perception • brain body connection • pencil grasp • sense of light touch awareness
Fine Motor Activities	4 minutes	<i>Improves:</i> <ul style="list-style-type: none"> • strength in index finger and thumb • pencil grip • handwriting and fine motor development • extensor muscles for improved hand strength
Academic Techniques <i>(uses your academic materials in the same time you are currently spending)</i>	20 minutes	<i>Improves:</i> <ul style="list-style-type: none"> • reading comprehension, vocabulary usage, intonation and pronunciation of words • understanding of math concepts
Listening Activities	15+ minutes	<i>Expands:</i> <ul style="list-style-type: none"> • vocabulary • auditory short term memory • language center of the brain
Included in DF Complete and DF Deluxe:		
Skip Count CD	4 minutes	<ul style="list-style-type: none"> • Aides in multiplication and division mastery
Rapid Recall	7-10 minutes	<ul style="list-style-type: none"> • Aides in addition, subtraction, multiplication or division math facts mastery
Included in DF Deluxe and DF Advanced:		
Sequencing in a Flash	4-8 minutes	<ul style="list-style-type: none"> • Independent practice of Auditory and Visual Processing