

Developmental Foundations 2 Activities and Benefits

Activity Category	Time Per Day	Benefits
Gross Motor and Vestibular Activities	25 minutes	<p><i>Improves:</i></p> <ul style="list-style-type: none"> • overall lower level brain organization • eye function • the establishment of hand dominance • reflex integration • coordination between upper and lower part of the body • the communication between the two hemispheres of the brain • organization of thoughts • correct interpretation of sense of pain • enhances interpretation of social signals • appropriate behaviors • development or repairs central nervous system • bonding and attachment • vestibular (balance) system • sensory system • convergence of eyes and eye tracking for better reading abilities • eye-hand coordination • muscle tone <p>Some people with these issues have also see improvement: depression, addictive behaviors, schizophrenia, risk-taking behaviors, nightmares and emotions including limbic rage.</p>
Auditory Processing Activities	7 minutes	<p><i>Improves:</i></p> <ul style="list-style-type: none"> • auditory short-term memory • attention span • ability to follow directions • behavior • proficiency of utilizing phonics • maturity level • decision making • writing compositions • reading comprehension • conceptualization abilities which help with math word problems
Visual Processing Activities	4 minutes	<p><i>Improves:</i></p> <ul style="list-style-type: none"> • visual short term memory • visualization skills which help with spelling and math • visual discrimination
Dominance Activities <small>*These activities overlap with others on the program</small>	4 hours to all day	<p><i>Improves:</i></p> <ul style="list-style-type: none"> • excess emotionality • auditory memory • language center of the brain • visual memory • recall speed

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Tactile Activities	16 minutes	<i>Improves:</i> <ul style="list-style-type: none"> • sense of pain perception • proprioception (awareness of body in space) • brain body connection • pencil grasp • sense of light touch awareness
Eye Function <i>*Some of these activities can be accomplished while doing others on the program.</i>	8 – 30 minutes	<i>Improves:</i> <ul style="list-style-type: none"> • detail vision • color blindness • eye contact • brain / ocular connections • eye tracking • convergence • reading
Fine Motor Activities <i>*Some of these activities can be accomplished while doing others on the program.</i>	4 minutes	<i>Improves:</i> <ul style="list-style-type: none"> • strength in index finger and thumb • pencil grip and control • 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>	Varies	<i>Improves:</i> <ul style="list-style-type: none"> • reading comprehension, vocabulary usage, intonation and pronunciation of words • understanding of math concepts
Listening Activities	30 minutes at a minimum	<i>Expands:</i> <ul style="list-style-type: none"> • vocabulary • auditory short term memory • language center of the brain