

# Early Learning Foundations Activities and Benefits

Activity Category	Benefits	
<b>Gross Motor Activities</b>	<i>Improves:</i> <ul style="list-style-type: none"> <li>• overall brain organization</li> <li>• organization of thoughts</li> <li>• correct interpretation of sense of pain</li> <li>• enhances interpretation of social signals</li> <li>• appropriate behaviors</li> <li>• develops / repairs central nervous system</li> <li>• proprioception (awareness of body in space)</li> <li>• Improves bonding and attachment</li> <li>• vestibular (balance) system</li> <li>• sensory system</li> <li>• convergence of eyes and eye tracking for better reading abilities</li> <li>• the function of the endocrine system, autonomic nervous system (responsible for allergies and asthma) and immune system</li> <li>• eye-hand coordination</li> <li>• concentration, memory, and learning</li> <li>• capacity for empathy, cause and effect and moral choices</li> <li>• learning and alertness</li> <li>• reading, processing and coordination</li> <li>• posture and muscle tone</li> </ul>	
<b>Auditory Processing Activities</b>	<i>Improves:</i> <ul style="list-style-type: none"> <li>• auditory short-term memory</li> <li>• attention span</li> <li>• ability to follow directions</li> <li>• proficiency of utilizing phonics</li> <li>• maturity level</li> <li>• reading comprehension</li> <li>• conceptualization abilities which help with math word problems</li> </ul>	
<b>Visual Processing Activities</b>	<i>Improves:</i> <ul style="list-style-type: none"> <li>• visual short term memory</li> <li>• visualization skills which help with spelling and math</li> <li>• visual discrimination</li> </ul>	
<b>Tactile Activities ELF 1 ONLY</b>	<i>Improves:</i> <ul style="list-style-type: none"> <li>• sense of pain perception</li> <li>• brain body connection</li> <li>• pencil grasp</li> <li>• sense of light touch awareness</li> </ul>	
<b>Fine Motor Activities ELF 1 ONLY</b>	<i>Improves:</i> <ul style="list-style-type: none"> <li>• strength in index finger and thumb</li> <li>• pencil grip</li> <li>• handwriting and fine motor development</li> <li>• extensor muscles for improved hand strength</li> </ul>	
<b>Listening Activities</b>	<i>Expands:</i> <ul style="list-style-type: none"> <li>• vocabulary</li> <li>• auditory short term memory</li> <li>• language center of the brain</li> </ul>	
<b>Included in Early Learning Foundations Level 1 Kit</b>		
<ul style="list-style-type: none"> <li>• 1-100 Flash Cards</li> <li>• Counting CD</li> <li>• Digit Span Deck- 4 digits</li> </ul>	<ul style="list-style-type: none"> <li>• Linking Cubes</li> <li>• Number Word Cards</li> <li>• Online Number Tracing Pages</li> </ul>	<ul style="list-style-type: none"> <li>• Shape Cards</li> <li>• Memory Cards</li> <li>• Student Book and Teacher’s Manual</li> </ul>
<b>Included in Early Learning Foundations Level 2 Kit</b>		
<ul style="list-style-type: none"> <li>• On-line Input Sessions</li> <li>• 101-1000 Cards</li> <li>• Coin Flash Cards</li> </ul>	<ul style="list-style-type: none"> <li>• Clock Flash</li> <li>• Digit Span Deck- 6 digits</li> </ul>	<ul style="list-style-type: none"> <li>• Rapid Recall Addition</li> <li>• Student Book and Teacher’s Manual</li> </ul>
<b>Included in Early Learning Foundations Level 3 Kit</b>		
<ul style="list-style-type: none"> <li>• On-line Input Sessions</li> <li>• Decimal City</li> <li>• Coin Flash Cards</li> </ul>	<ul style="list-style-type: none"> <li>• Rockin’ Clock Flash</li> <li>• Digit Span Deck- 7 digits</li> </ul>	<ul style="list-style-type: none"> <li>• Rapid Recall Addition &amp; Subtraction</li> <li>• Student Book and Teacher’s Manual</li> </ul>