

imagine if

4 Foundational Cornerstones

Like a block tower, all learning depends on the readiness of the foundation. Learning becomes automatic when we use movement to develop these 4 Foundational Cornerstones:



Neurological Readiness

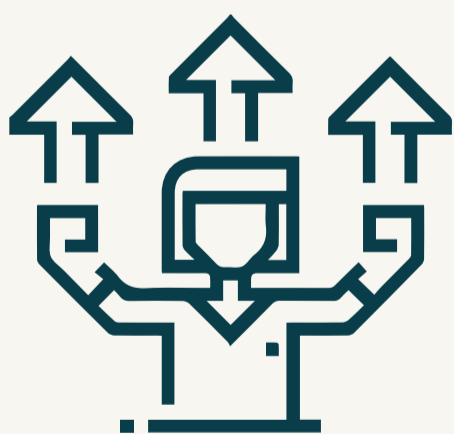
When movement is added to a child's routine, it "awakens" both the right and left sides of the brain for higher learning.



Behaviour And Attention

Motor movements can help calm a child's body when they:

- Fidget
- Lack attention and focus
- Struggle with behavior
- Are behind in social skills
- Have trouble with emotional grounding



Motor Skills And Core Strength

Purposeful movement can strengthen:

- Posture for sitting upright at a desk
- Head and neck control for copying notes
- Shoulders and arms for supporting handwriting



Academic

Movement activities build the brain for:

- Problem solving
- Staying on task
- Completing homework
- Retaining facts
- Processing information
- Following directions