

Memory n Motion Activities and Benefits

Activity Category	Time Per Day	Benefits
Gross Motor Activities	28 – 38 minutes	<p><i>Improves:</i></p> <ul style="list-style-type: none"> • overall brain organization • organization of thoughts • develops / repairs central nervous system • vestibular (balance) system • relaxation • short term memory • coordination • eye function • the function of the endocrine system, autonomic nervous system (responsible for allergies and asthma) and immune system • concentration • capacity for empathy, cause and effect and moral choices • learning and alertness • reading • posture and muscle tone • the lymph system
Auditory Processing Activities	4-8 minutes	<p><i>Improves:</i></p> <ul style="list-style-type: none"> • auditory short-term memory • attention span • social skills • ability to stay engaged in conversations • reading comprehension • conceptualization abilities for problem solving
Visual Processing Activities	2-4 minutes	<p><i>Improves:</i></p> <ul style="list-style-type: none"> • visual short term memory • reading comprehension • ability to notice visual details quickly and accurately
Eye Function Activities	2-4 minutes	<p><i>Improves:</i></p> <ul style="list-style-type: none"> • balance • eye tracking • eye convergence and divergence • eye-hand coordination
Listening Activities	60+ minutes	<p><i>Improves:</i></p> <ul style="list-style-type: none"> • auditory short term memory • long term memory • logical thinking • reading comprehension • language center of the brain