



## Checklist School-Attending Children

There may be neurological bases for your child's problems, which could be addressed by sensory integration/movement as well as Listening Training.

Tick (✓) what is appropriate:

- An unusually high level of activity.
- An unusually low level of activity.
- Nervous gestures.
- Easily distracted and excited.
- Slow to learn to dress themselves.
- Upset when having teeth brushed; hair or nails cut.
- Lack of initiative.
- Easily tired and withdrawn.
- Lack of self control; can't wait for their turn.
- Lack of a definite hand preference in older children.
- Poor hand-eye coordination; difficulty with spatial awareness.
- Overly sensitive to change
- Difficulty pronouncing words clearly and correctly.
- Overly sensitive to noise, smell, or sudden touch.
- Dislike of running, jumping, and climbing.
- Short attention span.
- Poor concentration.
- Frequently making the same 'random' noises.
- Failing to follow up on things being requested of them.
- Head in the clouds.
- Irregular sleep patterns.
- Extra sensitive to pain; or the opposite - hardly reacts at all.
- Avoiding, or, again the opposite, craving for physical touch and nearness.
- Difficulty learning new movement activities and/or a dislike of trying them.
- Sticking out tongue, moving jaw, clenching fists while drawing and writing.
- Difficulty with structuring activities.
- Often squinting, rubbing eyes.
- Peculiar pencil grip.
- Complaining of dizziness, headaches and stomach aches while reading.
- Reversing or confusing numbers or whole words.
- Coming across as bright and articulate, testing well academically, but failing written tests.
- Difficulty with vision, but inconsistently so; eye tests may come up normal.

- Reading aloud without much comprehension and in a monotonous voice.
- Leaving sentences incomplete and stuttering under stress.
- Confusing left and right and other notions of direction like 'under' and 'over'.
- Prone to motor sickness.
- Difficulty with the concept of time.
- Depending on finger counting and other tricks while doing math.
- Often knowing the right answer but not clear about how they got there.
- Good long term memory for experiences, but limited with the short term.
- Prone to food allergies and ear infections.
- Bedwetting beyond the usual age.
- Overly sensitive to criticism, with a tendency towards perfectionism.

It's obvious that, even with only four or five ticks in the above list, these issues will get in the child's way.

At Joya we teach Brain Gym and other exercises for better integration of the senses. Sometimes this happens in groups, sometimes on an individual basis. We can provide home-based kits as well - including balancing boards, little bean bags for juggling, and DVDs with lots of visual information that will give step-by-step guidance.

Please contact Paulina for more information.