

## **THE LISTENING PROGRAM Therapy Schedule**

### **Therapy Listening:**

Therapeutic Listening with headphones following the extended schedule, 15 minutes 5 days a week. Some Gross Motor activities and Fine Motor activities can be done at the same time but NO reading, homework, television or gaming. Activities that work on Sensory Integration and Vestibular Function are preferred as this will be additive to the benefit of the Therapeutic Listening Program. An additional 15 minutes could be done at a separate time if time permits but it is best to stick to either regular or extended schedule. Driving to school is also a good time to use this program.

### **Gross Motor Activities:**

- Walking (with or without ankle weights)
- Bouncing Balls/playing catch
- Swinging (regular or sensory)
- Hold a small weighted ball and move from seated to standing position and then hold above head
- Move a weighted ball from hand to hand
- Hold small weighted balls or hand weights and do bicep curls

### **Fine Motor Activities:**

- Coloring
- Legos, Lincoln Logs, Blocks
- Sensory Sand
- Stress Ball/Slinky/Marbles

### **Vestibular Activities:**

- Sensory swing or playground swing

### **Sensory Integration Activities:**

- Vibration Platform/Balance board
- Relax with weighted blankets
- Sitting in chair with weighted blanket and doing leg lifts while wearing ankle weights

## **BRAIN MAT**

**FOR EYE TRACKING: Hanging Mat** - 5 min of eye tracking. To begin only eyes involved then metronome added and characters are touched in sequence using a sensory or weighted ball. Sequences start simple and become more complex.

- Alternate between letters, numbers, and shapes and colors.
- Then try skipping every other shape.
- Then skip every third. (One time is when all the rows are done on the board).
- Pick a color or shape and hit all of those.

**Brain Mat & Wall Mat Exercises:** (All of these will be done with music in the background and some will be done to beat of metronome)

**Brain Training Exercises:** Music in background with Metronome

- Touch a shape then stomp foot. Start just one then will make sequence more complicated. Right hand – Right foot, Left hand – Left foot, Right hand – Right foot. Do each group 2 times.
- Hopscotch while holding a weight ball and barefoot or wearing textured socks. 5 times leading with right foot and 5 times leading with left foot.
- Jump in specific sequence (while wearing weighted vest or holding weighted ball) from one shape to the next. Start with 3 step and increase number similar to the game SIMON SAYS. 10 times.
- Bounce ball onto shapes in sequence using a larger sensory ball or medicine ball made for “slamming”. Start with 3 step sequence and increase number in sequence. 10 Times.
- Pick up and place a weighted ball onto different shapes/colors in a specific sequence. Child should squat down to pick up the ball and move it not just bend over. This should be done to metronome beat once the concept is understood. Do 10 times.

**Functional Exercises:**

- Planks 30 – 60 seconds
- Mountain Climbers 20 times
- Squats 10 times

- Chair sit to stand 20 times

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### Functional Exercises Continued:

- Step ups with weights 20 times
- Slamming medicine ball on floor 10 times
- Jumping Jacks
- “Burpees”: Wear a weighted vest if desired. Do bare foot. Do 10 times.



Primitive  
Reflexes

- Moro
- Spinal Gallant
- Asymmetric Tonic Neck
- Symmetrical Tonic Neck

## **Night Time Sensory Routine**

Done with music in background and using essential oils to start the night time routine.

**Deep Pressure Massage:** Rhythmic deep pressure massaging of the arms, shoulder and back, either by firm rhythmic stroking, or by providing hand squeezes up and down the arms. This can be done standing, sitting, or lying down.

**Joint Compression-Deep Pressure:** (including axial skeleton): This gives input to joints and muscles and will help Child have a better sense of where his body is in space. It is also deep pressure that tends to be calming and help the brain to organize itself to perform task. This should feel good and should never hurt. Stop if it does and check technique. Can be done with essential oils to relax and help with sleep.

Start with feet and work towards head and neck. No hips, knees, shoulders because the other exercises do these. These can be done to music as well.