

*Here, at DyslexiaRx we believe learning should always be meaningful and enjoyable. Research shows we learn best when it is meaningful. With that in mind we have put together a list ideas to help your scholar continue to grow as a lifelong learner. The list is just a jumping off point to get started. As time goes on you will create your own ideas more specific to your families' pday to day schedules and interests. Your learning partner has indicate, with a check mark, the activities recommended to help your child continue strong skills to meet their learning potential. Please let us know if you have any questions.*

Feel free to call us at: 580-276-6656 or email: [help@dyslexiarx.com](mailto:help@dyslexiarx.com)

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## Primitive Motor Reflexes

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### Palmar Grasp

*When a baby's palm is touched by their caregiver's finger, a toy, etc, they will automatically grip and hold on.*

#### Activities and exercises to integrate palmar grasp

#### Everyday games/activities

- Playing with finger puppets
- Playing an instrument
- Crafts that involve ripping or crumpling paper
- Playing with tactile/sensory bins - water beads, uncooked rice or beans, kinetic sand, little rocks, etc.
- Drawing
- Knitting, sewing, crocheting
- Digging with hands
- Clapping

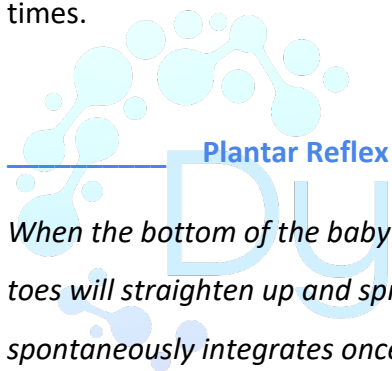
#### Fine motor exercises with Play-doh

- Place small objects (beads, rocks, dry beans, toys, etc) in Play-doh and have the child take them out using their thumb and one finger.

- Have the child roll the Play-doh into a log-like shape then have them pinch the log multiple times between their thumb and each finger separately.
- Have the child roll the Play-doh into a ball-like shape and squeeze it with all their fingers, then squeeze the ball using one finger at a time.

**Ball squeeze and finger dexterity exercises - [Palmar Grasp Reflex \(Significance, Assessment & Integration Exercises\) - YouTube](#)**

- Give the child a squishy ball (about the size of a tennis ball or smaller, depending on the size of the child's hand) and have them squeeze it in their palm 10-15 times in each hand.
- Have the child hold their hands up and to the side to where they cannot see their hands. Then have the child slowly touch their thumb to the tip of each finger. Repeat 5-10 times.



*When the bottom of the baby's foot is firmly stroked along the outer side of the sole, the toes will straighten up and spread out. Like the palmar grasp reflex, this reflex often spontaneously integrates once the moro, ATNR, and Galant reflexes are integrated.*

**Activities and exercises to integrate plantar reflex**

**“Foot gymnastics”**

- Grasping and consciously releasing pencils with the toes
- Writing with the feet
- Digging with the feet
- Gently rocking forwards and backwards on the feet.

**\_\_\_\_\_ Rooting and Sucking Reflex**

**Rooting:** When the baby's cheek is touched, they will automatically turn their head to the side that was touched.

**Sucking:** When a nipple from a breast/bottle or finger is placed into the baby's mouth, they will automatically begin sucking by pressing the nipple/bottle/finger to the roof of their mouth with their tongue squeezing in a rhythmic movement.

### Activities and exercises to integrate rooting and sucking reflex

#### [Sucking & Rooting Reflex | Reflex Integration Exercises - YouTube](#)

#### Cat whiskers exercise

- Have the child stand in front of you, with their mouth slightly open. With your index finger, stroke child's right cheek from ear to corner of mouth 3 times, repeat on the left side. Then stroke child's face from the right corner of nose to right corner of mouth 3 times, repeat on the left side. Perform 2 times a day for 4-6 weeks.

#### Oral Motor Exercises: Perform 4 times each, 2 times a day

- Closed smiling
- Puffing up cheeks
- Sucking in cheeks
- Curling in lips and closing mouth
- Touching tongue to right and left cheek while keeping mouth closed
- Switching between curling in bottom lip, then top lip
- Folding tongue over top lip
- Sticking tongue out and moving it right to left
- Kissing motion by sucking in cheeks and puckering lips (like blowing a kiss)
- Curling in lips and releasing, making a popping sound
- "Clicking" tongue with relaxed mouth, then with mouth and lips back to show top and bottom teeth
- Keeping teeth together while pulling lips and mouth back to show teeth

### Functional tasks

- Chewing gum
- Chewy necklaces
- Drinking from a straw (if safe to do so)

### Cotton ball and straw activities

- The child uses a straw to pick up a cotton ball, by maintaining a suction, and moves it to another area.
- The child races another child or adult to see who can blow a cotton ball down a path the fastest
- Painting with straws, by blowing watered-down paint around on paper/canvas.

### Moro Reflex

*The Moro reflex occurs when the baby is startled by sudden sensory stimuli (loud noise, unexpected touch, feeling of falling, bright lights, etc.) eliciting a fight, flight, or freeze response. The baby will sharply inhale, their arms and legs stretch out away from the body, their eyes will widen, and they freeze. The baby will then bring in their arms and legs and exhale or cry.*

### Activities and exercises to integrate moro reflex

#### Functional Self-regulation Tasks

- Sensory diet (see above)
- Weighted blanket
- Deep breathing routines

#### Starfish Pose Exercise - [The best Moro reflex integration exercise - YouTube](#)

- Have the child lay flat on their back with their arms crossed over their chest. Ask the child to bring their knees as close to their chest as possible and cross their feet at the ankles. Direct the child to hold their breath for 5 seconds. After 5 seconds, instruct the

child to release their breath very slowly while also releasing their arms and legs (at a snail's pace) outward. The legs and arms will straighten toward the sky and will slowly fall to the ground so the arms are pointed upward in a V shape and the legs are pointed downward in a V shape (the child will look like a star). The right arm must cross over the left arm and the right leg must cross over the left leg, and then alternate left over right. Once with the right one top and once with the left on top equals 1 set. Perform 10 times.

**Bridges Exercise - [The Moro Reflex: "Bridges" - YouTube](#)**

- Instruct the child to lie on the floor with their knees bent and their arms resting by their sides. Ask the child to lift their bottom in the air while keeping their arms to their sides. Hold the pose for 30 to 60 seconds. Bring the body back to a resting position. Complete this exercise 5 to 10 times.

**Asymmetrical Tonic Neck Reflex (ATNR)**

*When a baby lays prone with their head turned to one side, their arm and leg on the side they are looking for will straighten out away from the body, while their arm and leg on the opposite side will bend in towards the body.*

**Activities and exercises to integrate asymmetrical tonic neck reflex**

**Robot/Lizard Pose - [Primitive Reflex Asymmetrical Tonic Reflex Lizard and Reverse Lizard](#)**

**[Exercise 4 of 8 - YouTube](#)**

- The child lays on their stomach, with their head turned to the right. With their left arm at their side and leg remaining straight, have them bend their right arm (palm down) and slide it up along the floor until it is in line with their nose. Next, have them bend their right leg until their knee is parallel with their elbow. Hold for 5-10 seconds, then have them turn their head to the left, straighten their right arm and leg, and bend their left arm and leg the same way and hold for 5-10 seconds. Repeat on each side 5-10 times.

### **Zombie Marches Exercise - [ATNR Exercise - YouTube](#)**

- Kneel in front of the child and have them hold their arms straight in front, parallel with the floor while keeping their wrists loose and fingers pointed to the ground (like a zombie). Then have them turn their head to the right while keeping their body pointed forward and their arms straight. Next, have the child march in place 10-20 times, while you support their wrist/elbows with your hands, cueing the child to keep their arms straight. Have the child turn their head to the left and repeat marches.

### **Floor Puzzles**

- Have the child piece together a floor puzzle while on their hands and knees. Participating in this position will require the child to turn their head left/right and reach with their right/left arm while supporting their body with their other arm. This will promote bilateral coordination, crossing their midline (middle of the body), eye-hand coordination, and develop muscle tone.

### **Pushing a Shopping Cart while Looking Left and Right**

- When at the grocery store, have the child help push the cart and encourage them to turn their head to the left or right to locate grocery items.

### **Handwriting Exercises**

- Have the child practice writing letters in flour, shaving cream, finger paint, etc.
- Writing and drawing with drawing tools of various sizes (crayons, thick markers, pencils, chalk)
- Have the child complete handwriting worksheets - free printables can be found here - [Handwriting - The OT Toolbox](#)

### **Symmetrical Tonic Neck Reflex (STNR)**

*When a baby's head bends down - chin to chest - their arms will bend in towards the chest and their legs will extend out away from the body. When a baby's head bends back as if to look up, their arms will extend out away from their body and their legs will bend in towards the body.*

## Activities and exercises to integrate symmetrical tonic neck reflex

### Sustained attention activities

- Have the child repeat a series of letters, numbers, colors, grocery lists, ect.
- Board games
- Arts and crafts
- Have the child sing a song while performing an activity
- Freeze dancing - Child dances to music and freezes when the music stops.
- I Spy - Describe an object in the room and give clues to help the child find it.
- Have the child bounce on a yoga ball while playing a game

### Somersaults

- Find an open area with carpet or soft padding on the ground. Have the child squat down and put their hands flat on the ground in front of them, with hands in-line with their shoulders. Then have them tuck their chin, round their spine, and push with their legs. Next, have them press off their feet and roll over, along their spine while keeping their chin tucked.

### Cat/Cow Exercise - [STNR Exercise Cat/Cow - YouTube](#)

- With the child on hands and knees, have them bend their head in towards the chest (chin-to-chest) and arch their spine up to the ceiling (like a stretching cat), keeping arms straight, with hands and feet flat on the floor. Hold for 3-5 seconds. Then have the child look up to the ceiling while dropping their belly to the floor. Again, keeping their arms straight, with hands and feet flat on the floor, holding for 3-5 seconds. Repeat 3-5 times.

### Head Lift

- Instruct the child to lie on the floor face down and arms stretched outward to their shoulders (making a T shape). Ask the child to loft their head upward, look at the ceiling and hold for 10 seconds. Direct the child to bring the head back down to a resting position. Repeat the exercise 10 times, 3 to 5 times a week.

## **Tonic Labyrinthine Reflex (TLR)**

*Forward TLR- When the baby's head bends forward, it causes the body and limbs to bend in towards the body.*

*Backward TLR-When the baby's head bends backward, it causes the body and limbs to straighten away from the body.*

### **Activities and exercises to integrate tonic labyrinthine reflex**

#### **Positioning Activities**

- Encourage the child to lay on their belly, on the floor, while participating in games and activities such as jigsaw puzzles, reading, playing with toys, coloring, etc.

#### **Meatball Exercise - [Tonic Labyrinthine Reflex: "The Meatball" - YouTube](#)**

- Have the child lay on their back with arms at their sides and legs bent. Then have the child cross their arms over their chest, and cross their ankles. Next, have the child lift up their chest and legs, squeezing legs to the chest to form the "meatball" shape. Have the child hold the pose for 15 seconds and release back to the floor Repeat 2 times a day.

#### **Superman Exercise - [Tonic Labyrinthine Reflex \(TLR\): "Superman" - YouTube](#)**

- Ask the child to lay on their tummy with their feet straight, flat on the ground (arms to their sides). In the beginning, only ask the child to lift their arms in front of them like Superman with their fingers almost touching together and raise their head at the same time. Hold the position for at least 5 seconds if possible and return to the resting position. When the child is strong enough to hold the arms and head straight for 5 to 10 seconds, incorporate the legs. Ask the child to lift their arms, head, and legs at the same time as Superman and hold for 5 to 10 seconds. Ensure the legs stay straight and do not bend ( you may have to assist the legs in the beginning). Repeat 2 times a day.

#### **Chin Tuck Crawling - [TLR #3 Chin Tuck Crawl and Roly Poly - YouTube](#)**



- Have the child hold a small squishy ball or stuffed animal between their chin and chest and get on all hands and knees. Then, have the child crawl a short distance and drop the item in a designated area. This can be turned into a relay race with other children.

### **Spinal Galant Reflex**

*When the baby's back is stroked when the right or left side is stroked, they will rotate the hip on the same side.*

#### **Activities and exercises to integrate spinal Galant reflex**

##### **Snow Angels Exercise - [Spinal Galant: "Angels in the Snow" - YouTube](#)**

- Ask the child to lay flat on their back, legs straight with their arms beside them. Instruct the child to very slowly (snail's pace) bring their arms outward first until their arms get to their shoulders and then begin to bring the legs outward at the same time the child is creating a snow angel. Direct the child to extend their legs as wide as they can and lift their arms to their ears. When the arms reach the child's head, ask them to bring the snow angel back down to the resting position (continue to perform the exercise slowly as the child comes back to a resting position. Remember, this exercise must be done slowly. Encourage the child to go slowly.

##### **Ball Wall Squat Exercise - [Spinal Galant #1 : Ball wall Squat - YouTube](#)**

- Help the child place a ball (like a kickball) in the curve of their back, then have them press the ball with their back against a wall with their feet in front of them. Their feet should be out far enough to look like they're sitting in a chair when they bend their knees. Next, have the child lower to a seated position and raise back up to standing, repeat 10 times building up to 20 times.

##### **Hip Walk Exercise - [Spinal Galant #4 Hip Walk - YouTube](#)**

- Have the child sit on the floor with their legs straight in front of them and keep their arms up near their chest. Then have the child scoot their hips forward, one at a time, 10 times.

**Roly Poly - [Galant #0 Roly Poly - YouTube](#)**

- Have the child lay on their back and bring their knees up to their chest. Then have the child lift their head and cross their arms over their chest or hug their knees. Next, have the child rock back and forth along their back like a roly poly.

**Landau Reflex**

*When the baby lifts its head and chest, its legs will lift automatically.*

**Activities and exercises to integrate Landau Reflex**

**Modified Sit Ups Exercise**

- Place the child on the floor or soft surface. Pull the child's hands gently at the same time and let the child use abdominal muscles to pull themselves upright into a seated position.

**Row, Row, Row Your Boat Exercise**

- Child sits on the floor facing another individual and each holding onto one end of a jump rope or onto each other's wrists. As both sing the song, one person leans back as the other leans forward and then the opposite.

**Feet Kick**

- Child lies on the floor on their back with feet in the air. Parent throws a large bouncy ball toward the child's feet. The child kicks the ball upwards and back towards the therapist.

**Leg Lifts**

- Child lies flat on the floor and raises and lowers legs off the floor

**Backward Flip**

- Child lies on their back on a yoga ball and then places their arms on the floor above their head to support themselves. Child then flips their body over (parental support may be needed in the beginning).

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### Online Games and Apps

Online games and apps to help with executive cognitive functions and sensory diet.

\*IAP - In app purchases

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### Executive Cognitive Functions

- **Khan Academy Kids** iOS/Android/Website cost: free
- **Super Brain Cognitive Games** iOS/Android cost: free \*IAP

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### Auditory Memory

- **More Fun With Directions** iOS cost: \$15.99
- **Following Directions Game** iOS cost: \$1.99
- **iMimic (Simon style game)** iOS cost: Free \*IAP
- **Match Sounds: Audio Puzzle** iOS/Android cost: Free
- **Audio Memory-Brain Game** iOS/Android cost: Free
- **Sound Matcher** iOS/Android cost: Free

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### Visual Memory

- **N-Back Blast-Memory Trainer** iOS/Android cost: Free
- **Many Dots-Mem. Training Game** iOS/Android cost: Free
- **A+ Spelling Test** iOS/Android cost: Free \*IAP

- **Letter Cross Tracking** iOS cost: Free
- **Octopuz** iOS/Android cost: Free
- **Visual Memory Training** iOS/Android cost: Free
- **Image Hunt-Memory Trainer** iOS cost: Free
- **Letter Hunt-Memory Trainer** iOS cost: Free
- **Memory Bank** iOS cost: Free
- **Executive Functions Lite** iOS cost: Free/\$1.99

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### Delayed Recall

- **Digit Recall** iOS cost: Free
- **Spaced Retrieval Therapy** iOS/Android cost: \$2.99

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### Visual Perceptual Skills (Figure-Ground, Spatial Relations)

*The ability to process what is seen*

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#### Figure-Ground

- **Find the Letter** iOS cost: Free \*IAP
- **Test Your Vision** iOS cost: Free
  
- **Home Again Hidden Objects** iOS cost: Free
- **Little finder-The Hidden Objects** iOS/Android cost: Free
- **Schulte Table** iOS/Android cost: \$0.99

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#### Spatial Relations

- **Piko's Blocks-Spatial Lite** iOS/Android cost: Free
- **Diamond Blocks-Puzzles & Fun** iOS cost: Free \*IAP
- **Spatial Line Puzzles** iOS cost: Free

- **Visuospatial Games-Puzzles** iOS/Android cost: Free
- **Polygrams-Tangrams Puzzles** iOS/Android cost:Free \*IAP

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### Handwriting

- **Writing Wizard-Handwriting** iOS/Android cost:Free
- **Trace Letters & Sight Words** iOS cost: Free \*IAP
- **Cursive Touch and Write** iOS cost: \$2.99
- **Cursive Handwriting** iOS/Android cost:Free
- **A to Z Cursive Writing Wksts** iOS cost: Free
- **Cursive Writing HWT Style** iOS cost: \$1.99

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### Phonetic Awareness

- **Sound Beginnings for Schools** iOS cost: \$0.99
- **Reading Hero** iOS/Android cost: Free
- **Montessori Phon. Awareness** iOS cost: \$7.99
- **What's Changed? Skill Builder** iOS cost: Free \*IAP
- **Letter Free Phonic** iOS cost: Free \*IAP
- **Lively Letters** iOS cost: \$29.99

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### Sensory Diet

The ability to process one's environment through the senses

- **Brain Works** iOS Cost: \$8.99

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### Proprioceptive Input

- **The Adventures of Super Stretch** iOS/Android Cost: Free
- **Moovosity-movement skills** iOS Cost: Free

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### Vestibular Input

- **iMav Vestibular Therapy** iOS Cost: Free
- **VertiGo Exercise (AR)** iOS/Android Cost: Free
- **Moovosity-movement skills** iOS Cost: Free

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### Tactile Input

- **Gravitarium** iOS Cost: Free
- **Fidget Toys Set! Sensory Play** iOS/Android Cost: Free
- **Sensory Fidget Toys No Anxiety** iOS/Android Cost: Free \*IAP

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### Auditory Input

- **Gravitarium** iOS Cost: Free
- **Therapeutic Listening** iOS/Android Cost: Free \*IAP

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### Visual Input

- **Gravitarium** iOS Cost: Free
- **Sensory Magma** iOS Cost: Free
- **Sensory Electra** iOS/Android Cost: Free

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### Auditory Memory

*Auditory memory involves being able to take in information that is presented orally, to process that information, store it in one's mind and then recall what one has heard.*

#### Games to improve auditory memory

**Repeat after me-** repeat number or word sequences.

**Play “telephone”**- stand in a circle with friends or family. Tell a story in the ear of the person to the left. Pass along the story and add another detail to the end. The last person in the chain tells the story.

### **Simon Say’s**

Give your child 4 verbal directions and have them repeat it back several times. After you have done this have them implement the directions you gave them. For example: Sit down, stand up, open the door and close the door. (adjust the number of directions to what meets your child’s “just right challenge”)

### **Alternate Version**

If you’re on the way to the store, have your child say and remember 3 signs. After a little time has passed, have them repeat the signs.

Tell your child what errands you will run that day and have them say it back to you.

- As the day goes on, or as you have completed an errand, have them repeat the list and tell you what’s next.

### **Story Time**

Tell your child a short story. After the story is complete ask your child question about the story.

### **Shopping game**

Get a range of around 6 everyday objects – a spoon, a teddy, a bowl, a toy car etc, and ask you child to collect certain objects as they ‘shop’. You could use a little shopping basket or a bag so they can put the items in. Start at an easy level, say 2 items and as they find this easier move on to 3 then 4.

Adult: Can you buy me a spoon and a teddy please?

After each go, make sure you return all the objects. To extend this game, rather than asking for objects in front of the child, ask them for objects from around the house. For example a tooth brush (so they have to go to the bathroom) or a sock (from a bedroom). In this way they have to move around the house and remember what they have been asked for.

### **Grocery Shopping**

Tell your child what groceries you need and have them repeat it. As you continue shopping, ask them to repeat the list or ask them what’s next. \*this task can be made easier by giving them a shorter list, or more challenging by giving them a longer list\*

### **Treasure Hunt**

Hide “treasure” somewhere in your house and give a verbal map

- Example: Go the kitchen door, take 4 steps to the left, and look under the bowl.  
\*This task can be made harder by adding more steps\*
- If you’re on the way to the store, have your child say and remember 3 signs. After a little time has passed, have them repeat the signs.

### Chaining games

Do you remember playing “I went to the market and I bought a .....” ? Well, this is a chaining game. You take it in turns to add a piece of information to a list and each turn you have to recall the list in full. To keep it interesting you can think of items in different categories:-

I went to space and I saw.....

I went to the zoo and I saw.....

I went to the park and played on....

You can also add another element to these games by adding a description to your item. So rather than just seeing a tiger at the zoo, you could see a tiger with stripes. Instead of just seeing a monkey, you could see a monkey eating a banana.

### Expanding sentences

This is similar to chaining games, but you add information to each other’s ideas. You could make some interesting stories. Again, when it is your turn you have to recap the sentences that has been generated so far and then add a new pieces of information

“I played Minecraft.”

“I played Minecraft on Saturday”

“I played Minecraft on Saturday and built a house out of sandstone”

“I played Minecraft on Saturday and built a house out of sandstone and a creeper blew it up!”

### Remembering parts of a story

When you are reading with the child, before you turn the page over you can ask specific questions about the page you have just read. What was the boy’s name? Where did they travel to? What did they forget? etc This is a great activity as it also helps the child learn how to extract key pieces of information.

### Recall of a spoken sequence

List items and see if the child can remember them. Start at an easy level, for example 2 items and then gradually increase. You could try

numbers e.g. 5, 1, 6, 9

colors e.g. red, blue, yellow, green

animals e.g. cat, dog, fox, sheep etc.

You could extend this and when you go shopping ask the child to remember a few items that you need e.g toothpaste, apples and bread. Then as you walk around the shops they have to remember and collect their items.

### Broken telephone/ whispering game

If you have a few people, you could play a game of broken telephone. One person thinks of a sentences and whispers it to the person next to them. This continues until it gets back to the first person. The sentence is then said out loud and you compare it to the original to see if it has been changed.



### **Remembering a specific item**

You could ask the child to remember an item at the start of an activity and then ask them what it was at the end. This requires them to remember over time.

### **Orienteering/ treasure hunt activities**

Try giving the child instructions to find a hidden object. Again, initially you could give instructions one at a time, but as they improve you could give 2 or 3 instructions together. This could be made very motivating if you hide a treat or favorite toy!

e.g. “Go to the kitchen door, take 4 paces into the kitchen and look under the bowl”.

### **Taking messages**

If there is another adult or child available, you could ask the child to take a message to them. For example “Tell your brother tea is ready and he needs to come downstairs” “tell dad there is a letter for him on the table” If necessary you can let the other person know the message so they can help the child remember if they have difficulty.

### **Drawing to instruction**

You could encourage your child to draw a picture and give them directions to follow. You can also turn this activity round and get the child to tell you what to draw and you then have a great language activity! You could describe something simple like a house, or a treasure map – whatever the child is interested in. You can always draw the outline and just get the child to put on specific details.

e.g. draw a square for house and ask the child to put on a green door on the left, then maybe 2 blue windows at the top etc Again you can increase or decrease the length of the instruction for the child.

So have a try! Remember to start at an easy level and gradually make it harder. Also find strategies that help the child and encourage them to use them in the games

## **Visual Memory**

*The ability to immediately recall the characteristics of a given object or form. This skill helps children remember what they read and see by adequately processing information through their short-term memory and into long-term memory.*

- Play I-spy
  - Guess objects based on descriptions. For example: I spy a stop sign, can you find one? How many stop signs can you find?
- Have your child look at a picture and then remove it. Then have them name some of the objects that were there.
- Ask questions about their day. (what did you have for lunch, what did you do for class)

## DyslexiaRx Home Therapy

- Draw a picture of anything. For example, you could draw a picture of a house or a dog and show it to your child. Let them memorize it and then have them draw it exactly without looking at the original.
- Place 4 objects in front of your child (they can be anything). Give them 4 seconds to memorize the objects and then have them close their eyes. Take one of the objects away and ask them which item is missing or what is different. You can make this activity more difficult by adding more objects.
- Remembering sight words
- Copy patterns with various materials (beads, pegs...).
- Show and remember (show a picture and have them explain the picture after it is turned over).
- Recognize numbers and letters.
  - Hold up flash card and ask to identify number or letter on the card
- I Spy on the Road: For example, I Spy a Stop sign, how many more can you find?
- What's different?
  - Place 3-4 objects in front of your child.
  - Let them look and have them close your eyes.
  - Remove or replace one object and ask them, "what's different?"
- If you're on the road, or at home, have your child pick an object, and then have them describe the object after it's no longer in sight.
- Mr. Potato Head: Put his body parts and accessories on them in your way, let your child look at it. Then, take it apart, and have them recreate what you made.
- LEGO's: Create your own design, mini tower, or object with LEGO's, take it apart, and have your child recreate it. \*You can make this easier, by using the same color LEGO's, or harder by using different colors\*
- LEGO's: Build  $\frac{1}{2}$  of the project, and have your child build the  $\frac{1}{2}$ .
  - You can also have them mirror the project.
- LEGO's: Create your own design, mini tower, or object with LEGO's, take it apart, and have Your child recreate it. \*You can make this easier, by using the same color LEGO's, or harder by using different colors\*
- Memorize the ingredients and or instructions for baking.
- Connect the Dots. This can be purchased on Amazon and Walmart. You can also download from the App Store, e.g Dot to Dot to Coloring
- Word Search Puzzles. Can be purchased on Amazon, Barnes and Nobles, and Walmart
- UNO This can purchased on Amazon, Target, or Walmart
- Board Games!
  - Q-Bitz (Amazon)
  - Mental Blox (Amazon, Walmart, Target, Michaels)
  - Lite Brite (Amazon, Target, Walmart)

## DyslexiaRx Home Therapy

- While driving point out a license plate, have your child look at the plate and remember it. At a random time later in the day ask them what that plate number was.
- Draw what you saw.
  - This game you will show your child a picture. After 3 minutes have them draw what they saw.
- I Spy (for the road/or anywhere): For example, “I Spy a Stop sign, how many more can you find?” or “I Spy with my little eye something blue!”
- If you are headed on a road trip, you could play the ABC game with Your child. For this game Your child will find letters A to Z on road signs and billboards along the way (in order from A to Z). To make it a little more competitive for Your child, you could have them find A to Z by time you reach your destination, or you could even time them to see how fast he can find every letter.
- What’s different?
  - Place 3-4 objects in front of Your child.
  - Let them look and have them close his eyes.
  - Remove or replace one object and ask them, “what’s different?” and he will need to list off the objects that were replaced or taken away.
- If you’re on the road, or at home, have Your child pick an object and observe it. Once Your child has observed the object, have them describe the object after it’s no longer in his sight.
- Mr. Potato Head: Put his body parts and accessories on them in your own way (whether it be super silly or not), let Your child look at it. Then, take it apart, and have them recreate what you made.
- Connect the Dots (books can be purchased on Amazon or Walmart. You can also download from the App Store, for example, Dot to Dot to Coloring)
- Word Search Puzzles (books can be purchased on Amazon or at Barnes and Nobles or Walmart)
- Complete the Other Half! (books can be purchased on Amazon, Walmart, or Target; you can also find worksheets on the internet! For example, [www.worksheetfun.com](http://www.worksheetfun.com) has worksheets called, “Draw the Other Half of the Picture”.) This activity is similar to the LEGO activity.
- UNO, DOES, or UNO Flip (these can be purchased on Amazon or at Target or Walmart)
- BOARD GAMES!!! (these games can be purchased on Amazon or at Walmart or Target)
  - Q-Bitz
  - Mental Blox
  - Lite Brite
  - Sequence
  - Qwirkle
  - Blokus
  - Qwixx
  - Scattergories

(These are fun family games that can also help Your child with his visual processing skills!)

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### Delayed Recall:

*The ability to recall specific information after a period of rest or distraction from that information*

- Show your child four items, you will then remove one item without them looking and ask her name what is missing.
- Copy work from the board or a book, as they struggle to remember what they saw on the board and have to keep checking back.

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### Visual Perceptual Skills (Figure-Ground, Spatial Relationships)

The ability to process what is seen

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#### Figure-Ground

*The ability to perceive and locate a form or object within a busy field without getting confused by the background or surrounding images.*

- I-Spy books and Where's Waldo? These books can be purchased on Amazon, Barnes and Noble, or you can print off pages off Google.
- Go on a walk with your child. Have them point out birds, insects, plants, etc.
- While driving in the car, have your child find specific colors outside.
- Find a specific color car on the road.
- Have your child cook a meal at home with either parent. While preparing the meal, have them grab items in the refrigerator or cabinet that are needed.
- Find a specific color car on the road. For example: "Your child, can you count how many yellow cars we pass from our house to the store?"
- If you go to the park or for a walk, have your child search for insects, birds, different trees, etc. Have them describe what the object looks like. Have your child explain what the insect or bird may be doing. You can even have your child describe the differences between trees or birds that you may encounter!
- During your walk or drive to the park your child can play "I Spy with My Little Eye". Have your child start the game to have them search for an object. Take turns with your child throughout the game. Throughout each game, challenge your child by picking small objects so that he really has to use his critical thinking skills!
- Search and find games
- Word search
- Crossword puzzles

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#### Spatial Relationships

*The ability to perceive two or more object's position in space relative to oneself and in relation to each other. This involves the ability to understand directions, reversals, and identity left and right to one's own body.*

- Complete a puzzle.
- Have your child read a story without losing their place.

## DyslexiaRx Home Therapy

- ThinkFun Shape by Shape. These can be ordered through Walmart or Amazon.
- Tangram Puzzles
- Rush Hour, Rush Hour Safari (available on Amazon)

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### Handwriting (print, cursive and keyboarding)

- Practice writing letters in the sand.
- Practice writing words in Play-Doh with wooden skewer.
- Trace designs on paper
- Coloring
- Handwriting Without Tears (available at [www.lwtears.com](http://www.lwtears.com))

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### Phonetic Awareness

*Allows one to attend to, discriminate, remember, and manipulate sounds at a sentence, word, syllable, and phoneme level*

- Teach syllables with children's photos
- Rhyming game. Rhyme items that you pass in the car
- A book or magazine works well for this activity. Read and say sight words out loud.
- Dyslexia Quest (available as an App)
- Hear Builder (available on line at Super Duper) – online license or CD version

