



Foundation Moves Workshop Agenda

Introductions and Opening Activity

Self-Regulation Theory

Eight Observations for Kinder Readiness

Behavior Checklists for Lessons 1-8

Music in Motion DVD

Foundation Moves Poster Activities

Foundation Moves Poster Academic Links

Foundation Moves Instruction with Video Demonstrations for:

Lesson Plan 1: Deep Pressure

Lesson Plan 2: Focus & Listening

Lesson Plan 3: Heavy Work

Lesson Plan 4: Vestibular System

Lesson Plan 5: Core Postural Muscles; Rhythm & Timing

Lesson Plan 6: Crossing the Midline

Lesson Plan 7: Auditory & Vision Integration

Lesson Plan 8: Vision Integration

Foundation Moves DVD

Units, Newsletter, Order Form, Certificate, Evaluation